



PATIENT & CAREGIVER EDUCATION

Percutaneous Needle Biopsy

This information will help you get ready for your percutaneous (pur-kyoo-tay-nee-uhs) needle biopsy procedure at MSK.

What is a percutaneous needle biopsy?

A percutaneous needle biopsy is a procedure done to collect cells or a tissue sample for testing. An interventional radiologist (doctor who specializes in image-guided procedures, also called an IR doctor) will do your procedure. They will place a needle through your skin to collect a sample of tissue.

Your IR doctor will use real-time imaging to guide the needle. Real-time imaging is imaging that takes a moving picture, like a video, instead of a still image.

You may have a:

- Real-time computed tomography (CT) scan.
- Real-time magnetic resonance imaging (MRI) scan.
- Real-time ultrasound.
- Fluoroscopy (real-time X-ray).

A percutaneous needle biopsy usually takes less than 1 hour.

Before Your Percutaneous Needle Biopsy

Your healthcare provider will talk with you about your procedure and what to expect. They will answer any questions you have before you sign a consent form. A consent form is a form that says you agree to the procedure and understand the risks.

Ask about your medicines

You may need to stop taking some of your medicines before your procedure. Talk with your healthcare provider about which medicines are safe for you to stop taking. We've included some common examples below.

Blood thinners

Blood thinners are medicines that affect the way your blood clots. If you take blood thinners, ask the healthcare provider performing your procedure what to do. They may recommend you stop taking the medicine. This will depend on the type of procedure you're having and the reason you're taking blood thinners.

Examples of common blood thinners are listed below. There are others, so be sure your care team knows all the medicine you take. **Do not stop taking your blood**

thinner without talking with a member of your care team.

- Apixaban (Eliquis®)
- Aspirin
- Celecoxib (Celebrex®)
- Cilostazol (Pletal®)
- Clopidogrel (Plavix®)
- Dabigatran (Pradaxa®)
- Dalteparin (Fragmin®)
- Dipyridamole (Persantine®)
- Edoxaban (Savaysa®)
- Enoxaparin (Lovenox®)
- Fondaparinux (Arixtra®)
- Heparin (shot under your skin)
- Meloxicam (Mobic®)
- Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil®, Motrin®) and naproxen (Aleve®)
- Pentoxifylline (Trental®)
- Prasugrel (Effient®)
- Rivaroxaban (Xarelto®)
- Sulfasalazine (Azulfidine®, Sulfazine®)
- Ticagrelor (Brilinta®)
- Tinzaparin (Innohep®)
- Warfarin (Jantoven®, Coumadin®)

Read *How To Check if a Medicine or Supplement Has Aspirin, Other NSAIDs, Vitamin E, or Fish Oil* (www.mskcc.org/pe/check-med-supplement). It has information about medicines you must avoid before your

procedure.

Medicines for diabetes

Before your procedure, talk with the healthcare provider who prescribes your insulin or other medicine for diabetes. They may need to change the dose of the medicine you take for diabetes. Ask them what you should do the morning of your procedure.

Your care team will check your blood sugar levels during your procedure.

Diuretics (water pills)

A diuretic is a medication that makes you urinate (pee) more often. Hydrochlorothiazide (Microzide®) and furosemide (Lasix®) are common diuretics.

If you take any diuretics, ask the healthcare provider doing your procedure what to do. You may need to stop taking them the day of your procedure.

Take devices off your skin

You may wear certain devices on your skin. Before your scan or procedure, device makers recommend you take off your:

- Continuous glucose monitor (CGM)
- Insulin pump

Talk with your healthcare provider about scheduling your appointment closer to the date you need to change your device. Make sure you have an extra device with you to put on after your scan or procedure.

You may not be sure how to manage your glucose while your device is off. If so, before your appointment, talk with the healthcare provider who manages your diabetes care.

Arrange for someone to take you home

You must have a responsible care partner take you home after your procedure. A responsible care partner is someone who can help you get home safely. They should be able to contact your care team if they have any concerns. Make sure to plan this before the day of your procedure.

If you don't have a responsible care partner to take you home, call one of the agencies below. They'll send someone to go home with you. There's a charge for this service, and you'll need to provide transportation. It's OK to use a taxi or car service, but you still need a responsible care partner with you.

Agencies in New York

VNS Health: 888-735-8913

Agencies in New Jersey

Caring People: 877-227-

Caring People: 877-227-4649

Tell us if you're sick

If you get sick (including having a fever, cold, sore throat, or flu) before your procedure, call your IR doctor. You can reach them Monday through Friday from 9 a.m. to 5 p.m.

After 5 p.m., during the weekend, and on holidays, call 212-639-2000. Ask for the Interventional Radiology fellow on call.

Note the time of your appointment

A staff member will call you 2 business days before your procedure. If your procedure is scheduled for a Monday, they'll call you on the Thursday before. They'll tell you what time to get to the hospital for your procedure. They will also remind you where to go.

Use this area to write down the date, time, and location of your procedure:

If you don't get a call by noon (12 p.m.) on the business

day before your procedure, call 646-677-7001. If you need to cancel your procedure for any reason, call the healthcare provider who scheduled it for you.

The Day Before Your Percutaneous Needle Biopsy

Instructions for eating and drinking: 8 hours before your arrival time



- **Stop eating 8 hours before your arrival time, if you have not already.**
 - Your healthcare provider may tell you to stop eating earlier. If they do, follow their instructions.
- 8 hours before your arrival time, do not eat or drink anything except these clear liquids:
 - Water.
 - Soda.
 - Clear juices, such as lemonade, apple, and cranberry juices. Do not drink orange juice or juices with pulp.
 - Black coffee or tea (without any type of milk or creamer).

- Sports drinks, such as Gatorade®.
- Gelatin, such as Jell-O®.

You can keep having these until 2 hours before your arrival time.

The Day of Your Percutaneous Needle Biopsy

Instructions for drinking: 2 hours before your arrival time



Stop drinking 2 hours before your arrival time. This includes water.

Things To Remember

- Take only the medications your doctor told you to take the morning of your procedure. Take them with a few sips of water.
- Do not use body creams, lotions, or petroleum jelly (Vaseline®). You can use deodorant and facial moisturizers.
- Do not wear eye makeup.
- Take off any jewelry, including body piercings.
- Leave any valuable items you do not need at home.
- If you wear contact lenses, wear your glasses instead,

if you can.

What To Bring With You

- Any medications you are taking for breathing problems and chest pain, such as inhalers.
- A case for your glasses or contacts.
- Denture glue, if you wear dentures.
- Your Health Care Proxy form, if you have filled one out.
- Your CPAP or BiPAP machine if you use one. If you cannot bring yours with you, we will give you one to use while you're in the hospital.

What To Expect When You Arrive

Many staff members will ask you to say and spell your name and date of birth. This is for your safety. People with the same or similar names may be having procedures on the same day.

Meet With a Nurse

You'll meet with a nurse before your procedure. Tell them the dose of any medications you took after midnight and the time you took them. This includes prescription and over-the-counter medications, patches, and creams.

Your care team will place an intravenous (IV) line, usually in a vein in your arm or hand. They may use your central venous catheter (CVC) if you already have one.

Get Ready for Your Percutaneous Needle Biopsy

You'll remove any hearing aids, dentures, prosthetic devices, wig, and religious articles. Your care team will bring you to the procedure room.

Inside the Procedure Room

A member of your care team will help you onto the procedure table. You'll get sedation through your IV. Sedation is medication to help you feel calm during your procedure. You'll also get fluids through your IV during and after your procedure.

Your care team will clean the skin around the biopsy area. They will give you an injection (shot) of local anesthesia (medication to numb the area).

Your IR doctor will put the biopsy needle through your skin. They will use real-time images to guide the needle into place and collect the tissue sample. You may hear a loud clicking noise as they do this. They will check the sample to make sure there is enough tissue. They may need to take more than one sample.

When the procedure is finished, they will remove the

needle. Your care team will clean the biopsy area and cover it with a bandage.

After Your Percutaneous Needle Biopsy

In the Post-Anesthesia Care Unit (PACU)

When you wake up after your procedure, you'll be in the PACU. A nurse will keep track of your body temperature, pulse, blood pressure, and oxygen levels. You may get oxygen through a thin tube below your nose, or a mask covering your nose and mouth.

Tell your nurse if you are feeling pain. They may give you medication for your pain.

Your care team will tell you when it's safe to go home. You will need a responsible care partner to go with you.

At Home

- You can go back to your normal diet right away.
- Do not take a tub bath or put the biopsy area under water for 24 hours (1 day) after your procedure.
- You can shower the day after your procedure. Take off the bandage before you shower. Replace it with a clean, dry adhesive bandage (Band-Aid®) after your shower.
- You can go back to doing your normal activities the

day after the procedure.

- If you take a blood thinner, follow your care team's instructions for how to safely keep taking it.

Getting Your Results

Your care team will send your sample to a lab to be tested. Results are usually ready in 5 to 7 business days. Your care team will call you with your results or talk with you about them at your follow-up visit.

When to Call Your Healthcare Provider

Call your healthcare provider who did your biopsy if:

- The biopsy site is getting more painful.
- You feel lightheaded or dizzy.
- You have any new symptoms.
- You have any questions or concerns about your procedure.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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