

## Fine Needle Aspiration



You have been informed that an anomaly was detected in your breast. To investigate this anomaly, the radiologist has decided to perform a fine needle aspiration.

The purpose of the fine needle aspiration is to obtain a small quantity of fluid or cells at the precise location where the anomaly was palpated. It is performed under ultrasound guidance.

The procedure is performed in breast imaging. No prior preparation is required.



**Fine needle aspiration:** Collection, using a fine needle syringe, of a fluid, if it is a cyst, or cells, if it is a solid nodule.

**Palpation:** This procedure is performed while you are lying down. The doctor locates the lesion by palpating the area in question detected by touch, ultrasound or mammography.

**Ultrasound:** Imaging technique that uses soundwaves to obtain an image of the breast.

## Telephone directory

### Hospital: 450-654-7525

Breast Health Clinic reception ..... ext. 31111  
Breast Health Clinic appointment ..... ext. 31111  
Nurse clinician ..... ext. 31233  
Oncology reception ..... ext. 23159  
Look Good, Feel Better ..... ext. 37733  
Pastoral service ..... ext. 14117

Appointment Centre ..... 450-581-3020  
Info-Santé ..... 811

CLSC Lamater (Info-Santé) ..... 450-471-2882  
CLSC Meilleur (Info-Santé) ..... 450-654-2572  
CLSC Pointe-aux-Trembles (Info-Santé) ..... 514-642-4050

### Resources

Regroupements des aidants naturels du Comté  
de L'Assomption (caregiver association) ..... 450-581-9079

Cancer aide Lanaudière (support group)  
Joliette ..... 450-756-0869  
Repentigny ..... 450-756-8437

Canadian Cancer Society  
Cancer j'écoute (telephone support group) ..... 1-888-939-3333  
Suicide crisis helpline ..... 1-866-277-3553  
Quebec Cancer Foundation ..... 1-877-336-4443  
Info cancer, documentation centre ..... 1-800-363-0063

## Results

The results of the fine needle aspiration are usually available 3 to 4 weeks after the procedure.

The results will be sent to you by your family doctor.

If you do not receive your results after 4 weeks, you can contact your family doctor or the Breast Health Clinic.

If you have any questions or concerns, you can contact the nurse at the Breast Health Clinic from Monday to Friday, 7:30 a.m. to 3 p.m.

At any time, 24/7, you can contact an Info-Santé nurse at 811.

**Inform the nurse or go to Emergency if you develop a fever of over 38°C, acute pain or redness at the site of the fine needle aspiration.**

**If the bleeding does not stop, continue to apply compression to the breast and go to Emergency.**

## Before the procedure

### The day of the procedure:

- Do not apply, on the upper body, any cosmetic products, such as cream, powder, eau de toilette, perfume or deodorant
- Wear a comfortable cardigan and a bra without an underwire (no demi-bra)
- Eat well

Do not hesitate to ask someone to come with you for support. However, during the procedure, the person accompanying you cannot enter the examining room.

### Before the procedure, be sure to inform your care team of any of the following:

- If you have a medical history (cancer, heart disease, diabetes, asthma, etc.)
- If you are taking an anticoagulant or non-steroidal anti-inflammatory drug (NSAID), such as Coumadin®, Fragmin®, Plavix®, Aspirin® or Advil®

These medications are blood thinners. The doctor will explain the procedure to follow to suspend these medications before the procedure, if necessary.

- If you have allergies (xylocaine, latex, dressings, etc.)
- Your list of medications
- If you are or may be pregnant
- If you have breast implants

## Procedure

First, the breast imaging technologist will explain the procedure to you. The procedure is performed using an ultrasound machine. You will be lying on your back.

The radiologist will decide whether to use a local anesthetic in the area where the aspiration will be performed.

To perform the aspiration, the radiologist will insert a small needle into the breast at the site of the anomaly and will aspirate the fluid (cyst) or the cells (solid nodule) with a syringe. A few samples may be taken from different angles to ensure that they will be sufficient for analysis.

A small metallic marker may be left in place if there is solid matter inside the cyst to locate the site of the fine needle aspiration. This marker, left inside the breast, does not cause any pain and does not deform the breast.

Following the fine needle aspiration, a dressing will be applied to the site.

A post-fine needle aspiration mammogram may be performed before you leave if there was placement of a metallic marker. There will be little compression as the purpose of this mammogram is not to diagnose, but rather to confirm the area the samples were taken from.

**Duration of the procedure: approximately 30 minutes.**

## After the procedure

- After the procedure, the breast imaging technologist will apply a dressing on the site of the fine needle aspiration. You can remove it 8 h after the procedure.
- In the meantime, you can wash, but take care to keep the site dry.
- You can resume your daily activities immediately.

### Side effects

For a few days and even up to 1 month after the procedure, you might:

- Feel some sensitivity at the site of the fine needle aspiration and some redness.
- Experience bruising, oedema (a bump) at the site of the fine needle aspiration and tingling. All of this should resolve over the course of the month following the procedure.
- Notice bleeding or swelling of the breast. If this occurs, apply strong local compression for 10 minutes.

To relieve the pain, you can take acetaminophen (Tylenol®) according to the recommended dosage.

- **Do not take** acetylsalicylic acid (Aspirin®) or ibuprofen (Advil® or Motrin®) for **48 h after** the biopsy as this could increase the risk of bleeding.
- You can apply ice in a Ziploc® bag wrapped in a towel, a magic bag or a gel pack for 15 minutes as needed during the 48 h following the procedure. After that, if the pain persists, it is recommended that you apply heat to the site of the fine needle aspiration.

### Medication

Continue to take your usual medication, unless indicated otherwise by your doctor.