

乳房生檢

Breast Biopsy

A biopsy is the removal of pieces of tissue, which are then sent to a lab for testing. A breast biopsy may be needed when other tests show something in the breast that needs to be checked more closely. If a lump is present, it may be removed at the same time as the biopsy. Lymph nodes around the area may also be checked. Your doctor will review the results of your biopsy with you at your next visit and talk to you about treatment if needed.

There are different types of breast biopsies. Your doctor has ordered a:

- Fine Needle Aspiration (FNA)
- Core Needle Biopsy
- Stereotactic Biopsy
- Excisional Biopsy

To Prepare

- You may be told to not eat food after midnight before the test.
- A family member or friend may need to take you home after your biopsy.

During the Test

- You will be asked to take your clothing off above the waist and put on a hospital gown.
- An IV (intravenous) may be put into a vein in your arm to give medicine.

活检是指获取组织切片，送交实验室化验。当其他检查显示需要对乳房做进一步检查时，可能需要进行乳房活检。如果乳房有肿块，可以在活检的同时切除。活检时还可对肿块周围的淋巴结进行检查。下次就诊时，医生会向您说明活检结果，必要时会与您讨论治疗方案。

乳房活检的类型各不相同。医生要求对您进行以下活检：

- 细针穿刺抽吸（FNA）活检
- 粗针穿刺活检
- 立体定向活检
- 切除活检

准备事项

- 在检查前的午夜之后停止进食。
- 活检后，可能需要一位亲友送您回家。

检查期间

- 您需要脱掉腰部以上的衣服，并穿上医院提供的罩衣。
- 可能会通过对您的手臂静脉作静脉注射（IV）来给药。

- You lie on a table.
- The biopsy site is cleaned.
- The doctor numbs the site. This may sting for a few seconds. After this, you should only feel pressure and no pain.
- A mammogram or an ultrasound may be done to locate the site to be tested.
- 您需要躺在检查台上。
- 需要清洁活检部位。
- 医生将对活检部位进行麻醉。这会带来几秒钟的刺痛感。麻醉后，您仅可感到压迫感，但无痛感。
- 为了查找需要检查的部位，可能会进行乳房X光检查或超声波检查。

Types of Breast Biopsies

□ Fine Needle Aspiration (FNA)

This biopsy is often done in the doctor's office for lumps that can be felt.

- The doctor inserts a small needle that is attached to a syringe into the lump.
- The needle may be moved around. Tissue and fluid is collected in the syringe.
- The needle is then removed.

□ Core Needle Biopsy

This biopsy is done with a larger needle.

- A small cut is made in the skin.
- The needle is put into the site.
- Several samples of tissue are collected.
- The needle is then removed.

□ Stereotactic Biopsy

This biopsy is done for areas that cannot be felt, but are seen on mammogram.

- You lie face down on a table with an opening for the breast.

乳房活检的类型

□ 细针穿刺抽吸（FNA）活检

这种活检适用于可以触摸到的肿块，通常是在医生的办公室进行。

- 医生将注射器上随附的细针插入肿块。
- 并可能将细针在四周移动。将组织和液体收集在注射器中。
- 然后把针取出。

□ 粗针穿刺活检

这种活检使用较粗的针。

- 在皮肤上作一小切口。
- 将针插入小切口处。
- 收集一些组织样本。
- 然后把针取出。

□ 立体定向活检

这种活检适用于无法触摸到，但通过乳房X光检查可以看到的区域。

- 您将俯卧在检查台上，台子上设有为乳房预留的洞孔。

- The site is numbed.
- A small incision is made in the breast.
- The breast is squeezed flat and a special type of x-ray is done before and during the biopsy to locate the site.
- A needle is put into the breast to remove samples of tissue.
- Several samples of tissue are collected.
- The needle is then removed.
- 麻醉活检部位。
- 在乳房上作一小切口。
- 在活检前和活检期间，会压平乳房并借助一种特殊的 X 光来查找活检部位。
- 将针插入乳房，以切取组织样本。
- 收集一些组织样本。
- 然后把针取出。

❑ Excisional Biopsy

The entire lump is taken out in surgery.

- You will be given medicine to numb the breast or to make you sleepy.
- An incision is made in the breast to remove the lump and some tissue around the lump.
- The site is closed with a stitch or special tape.

❑ 切除活检

通过手术将整个肿块取出。

- 将通过药物对乳房进行麻醉或使您困倦。
- 在乳房上作一个切口，以切取肿块及肿块周围的一些组织。
- 用缝线或专用胶带闭合活检部位。

Home Care

- Do not lift over 5 pounds for 24 hours after your biopsy. A gallon of milk weighs over eight pounds.
- You can eat your normal diet.
- You may have bruising, discomfort, swelling, and a small amount of drainage at the biopsy site.
- You can wear a sports bra for support.

家中护理

- 活检后24小时内不要提举超过5磅（2.3公斤）的重物。1加仑（3.8公升）牛奶的重量超过8磅（3.6公斤）。
- 您可以正常饮食。
- 活检部位可能会青肿、不适、肿胀以及有少量流出物。
- 您可以穿戴运动胸罩给乳房一定支撑。

- You may use over the counter pain medicine that does not contain aspirin as needed.
- Apply an ice pack to your breast as needed to reduce swelling and bruising. Do not apply ice directly to the skin.
- A stitch or special tape is put on the incision. The stitch will be removed at the doctor's office.
- If you had an excisional biopsy, you may shower but do not take a bath or swim for 2 weeks.
- 需要时，您可以服用不含阿司匹林的非处方止痛药。
- 需要时，可给乳房敷上冰袋，以减轻肿胀和青肿。不要直接将冰块敷在皮肤上。
- 切口处使用缝线或专用胶带闭合。医生将在医生办公室拆除缝线。
- 如果您进行的是切除活检，则可以淋浴，但两个星期内不要盆浴或游泳。

Call your doctor if you have:

- Bleeding from the biopsy site
- Increased swelling, redness, warmth, or drainage at the biopsy site
- Pain not relieved by medicine

如有以下情况，请找医生：

- 活检部位出血
- 活检部位肿胀、红肿、发热或流出物增加
- 服药后无法缓解疼痛

Talk to your doctor or nurse if you have any questions or concerns.

如果有任何疑问或担心，请咨询医生或护士。