



Breast Biopsy Preparation

The Mercy Women's Center thanks you for choosing us to be a part of your care. This is to confirm the appointment for your procedure at the Women's Center on:

_____, _____, _____
(day) (date) (time)

When you arrive for your appointment, please use Mercy's free parking ramp for your convenience. A number of parking spaces are reserved on Level 1 for patients using the Women's Center.

Register at the Women's Center approximately **15 minutes before** your appointment.

Special Instructions:

1. **Use of Medications:** Many medications may cause an increased risk of bleeding with this procedure. **If you are unable to follow these instructions for any reason, your procedure may be postponed.** If you have any questions about the following instructions, please call the **Women's Center at (319) 398-6690** and ask to speak to the nurse.
 - a) **Baby Aspirin (81 mg), Aspirin (325 mg) and any other Aspirin-containing medications** (prescribed or over-the-counter) must be discontinued 7 days prior to the date of your procedure. Examples include aspirin, Excedrin, Ascriptin and Alka-Seltzer. Aspirin (acetylsalicylic acid) is noted as an ingredient in many over-the-counter products.
 - Discontinue starting _____
 - b) **Pain-relievers/arthritis medications** should be discontinued 2 days prior to your procedure. Examples include Aleve, Naprosyn (Naproxen), Advil, ibuprophen and Indomethacin (Indocin). If you do have pain, you may take Tylenol (acetaminophen) as directed on the label.
 - c) If you are taking **blood-thinning medications**, please talk with your doctor about discontinuing the medication prior to your procedure. Most blood thinning medications should be discontinued 3 days prior to your procedure. This includes medications such as Coumadin and Heparin. Another example is Plavix (Clopidogrel) which must be discontinued for 7 days prior to your procedure.
 - Please **arrive 45 minutes** prior to your scheduled appointment for lab work
 - d) **Herbal products and some Vitamins** such as garlic, Ginkgo biloba, Ginseng and St. John's Wort and Vitamin E need to be discontinued at least 7 days prior to the date of your procedure
 - e) Most other **prescribed medications** can be taken as usual on the day of your procedure. It is helpful for you to bring a list of your medications, including prescription and over-the-counter medications (including vitamins, herbal products and other supplements).
2. **Eating Breakfast:** You may eat a light breakfast. Caffeinated beverages allowed in moderation.
3. **Clothing:** A bra and a comfortable two-piece garment should be worn. Pants are preferable.
4. Many of our patients appreciate the **support of a family member or friend**. It is your choice if you would like to have a support person with you to assist you if needed. The radiologist and the nurse will be talking with you before and after the procedure and this is time many patients appreciate having someone present for this discussion.