

# MRI-Guided Core Needle Breast Biopsy: What to expect

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## What is a MRI-guided breast biopsy?

A **magnetic resonance imaging (MRI) core needle biopsy** is a procedure to find and remove very small amounts of tissue from the breast. Radiologists use images from your MRI to find the area of concern and take samples of it with a needle. Most biopsies are benign (not cancer), but some may be cancer.

- You will lie on your stomach on a special table that moves, as you did for your initial MRI.
- The entire appointment lasts about 3 hours
- You will be awake during the test.
- A numbing medicine will be applied to your breast to prevent pain.

A **radiologist** is a doctor who detects disease on medical images and performs tests using medical imaging.

## How do I prepare for the breast biopsy?

- Make sure we have a list of your current medications and allergies.
- Continue to take your medications as usual, unless we or your doctor tell you different instructions.
- If you think you might feel claustrophobic or anxious while you are in the MRI machine, please ask your doctor if you can get a prescription for medication to take before the MRI biopsy.
- Wear a comfortable two-piece outfit to your appointment. Make sure your pants and underwear **do not have metal**; you will change into a gown after removing your shirt.

- Please bring a supportive bra to wear after the procedure. If you do not have/wear bras, we will provide a supportive wrap.
- Eat and drink normally before the biopsy unless you are instructed otherwise.

A Breast Imaging nurse will call you to discuss the test before your appointment.

Please tell the nurse:

- If you think you are pregnant.
- If you have any kidney or liver problems as this may limit the contrast agents injected during the MRI.
- If you have any metal or electronic devices in your body, such as:
  - Pacemaker
  - Implanted heart defibrillator
  - Artificial heart valves
  - Metal joint replacements
  - Metal clips
  - Cochlear implants
  - Shrapnel or any metal fragments

**Plan to remove or leave at home items that contain metal.**

This may include:

- Jewelry/watches
- Piercings
- Medication patches (please bring an extra one, to reapply after the procedure)
- Orthopedic braces
- Glucose monitors

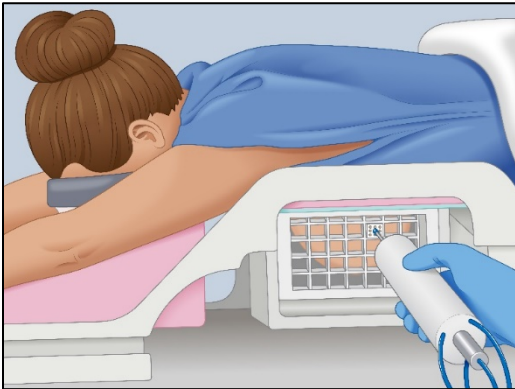
## What happens on the day of the biopsy?

- Please arrive 30 minutes before your appointment.
- Before the procedure, you will have an IV started, just like your initial MRI. You will sign a form to agree to the test. We will answer any questions you have about the procedure.
- In the MRI room you will lie on your stomach with your face down and your arms resting over your head. Your breast will hang through the hole and be compressed in the special grid on the moveable table. You will need to stay in this position for about 45 minutes. It is very important to stay still for a good sample to be taken.
  - The MRI unit will make loud noises. You will have earplugs to reduce the noise. You will also have headphones to hear the technologist.
  - Contrast (dye) will be given through your IV while pictures are taken.
  - Your breast will be numbed with Lidocaine®, a local numbing medicine.
  - The radiologist will place the needle into the breast and take tissue samples (see figure 1). You will feel pressure and vibration, but should not feel anything sharp.

**Figure 1:** The radiologist prepares for the biopsy.

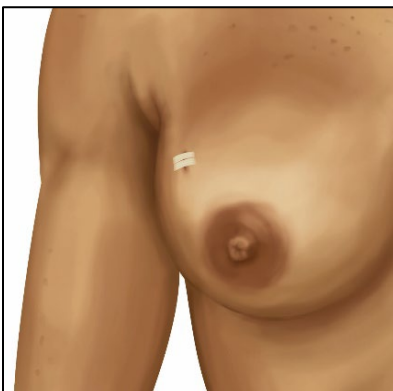


**Figure 2:** The radiologist inserts the biopsy needle into the breast to take tissue samples.



- Lastly, a tiny metal biopsy marker will be placed in the breast so that doctors will know where the biopsy was done on future mammograms and MRIs. You will not be able to feel this marker. It is safe in an MRI unit, and it will not set off metal detectors like those used in airport screening.
- After the needle is removed, a nurse will hold pressure over the area and place a bandage.
- Before you leave, you will have a mammogram (using less pressure than a routine mammogram) to show the biopsy marker. A mammogram is an x-ray picture of the breast.
- You will stay for 1 hour after the biopsy to be checked by the nurse to make sure you are doing well before you leave.

**Figure 3:** Incision after biopsy with bandage.



## What happens after the biopsy when I go home?

- You will have a small bandage over a very small incision (no stitches) (see figure 3). You may take acetaminophen (Tylenol®) for pain. You should use a cold gel pack over the area on a schedule of 20 minutes on, 20 minutes off until bedtime.
  - Do not lift anything heavier than a gallon of milk (about 9 pounds) or participate in strenuous exercise for 48 hours after the biopsy.
  - You may shower the morning after the biopsy, but do not take a bath, swim or use a hot tub for 10 days after the biopsy.
  - The radiologist or your personal doctor will call you when they get your results, usually in 2-3 business days.

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Author: Colleen Neal MD, Grace Boxer MD, Carol McLaughlin MD  
Reviewers: Carol McLaughlin MD, Tania Rahman MD  
Edited by: Karelyn Munro BA

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