



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Ultrasound breast core biopsy

Information for patients, relatives and carers

① For more information, please contact:

The Breast Imaging Unit

York Hospital, Wigginton Road, York, YO31 8HE

Telephone: 01904 725591

yhs-tr.northyorkshire.breastscreeningservice@nhs.net

Contents	Page
What is an ultrasound core biopsy?.....	3
Why do I need an ultrasound core biopsy?.....	3
How is the ultrasound core biopsy performed?.....	3
How long will the examination take?.....	4
What should I wear?.....	4
Will it hurt?	4
Are there any risks associated with the procedure?.....	5
What instructions should I follow after the biopsy?	5
When can I expect the results of my biopsy?.....	5
Tell us what you think of this leaflet	7
Teaching, training and research.....	7
Patient Advice and Liaison Service (PALS).....	7
Leaflets in alternative languages or formats	8

What is an ultrasound core biopsy?

This involves taking a sample of tissue from the breast and is done with ultrasound guidance.

Why do I need an ultrasound core biopsy?

This is helpful for diagnosing areas in the breast or armpit seen on the ultrasound scan.

How is the ultrasound core biopsy performed?

You will be lying down for this examination. The area will be scanned to check the exact place the samples need to be taken from. The area to be biopsied will be numbed using local anaesthetic injected into your skin. When the area is numb a small cut will be made in the skin allowing the biopsy needle to take samples from the correct place. A needle is placed through the cut and guided to the correct place with the help of ultrasound imaging.

When sufficient samples have been obtained the biopsy needle will be removed and a small titanium marker is usually inserted at the biopsy site. This means we can easily identify the site in the future if needed. We will fully explain this procedure at the time. Pressure will then be applied to the biopsy site for 10 minutes to

prevent/reduce bleeding. A small dressing is applied with no need for any stitches.

How long will the examination take?

The procedure usually takes approximately 20 minutes, but please allow one hour for the whole appointment. There is a waiting area available for anyone who may wish to accompany you.

What should I wear?

It is a good idea to wear a skirt or trousers and top as you will be asked to undress to the waist.

Will it hurt?

The local anaesthetic may sting slightly as it is injected but the area quickly becomes numb. Most patients will feel pressure in the biopsied area but not pain.

Occasionally some patients feel pain in the breast during the procedure. If this happens more local anaesthetic can be given.

Are there any risks associated with the procedure?

Sometimes there is bleeding and bruising. Before you leave the Breast Unit a member of staff will check your dressing to ensure there is no bleeding. Discomfort often persists for a few days after the biopsy. Bruising and lumpiness usually takes a little longer to disappear as the area heals.

What instructions should I follow after the biopsy?

You will receive a leaflet with instructions for your biopsy aftercare. Most people feel fine after the procedure and return to their normal routine. We recommend that strenuous activity/exercise and heavy lifting is avoided for at least 24 hours.

When can I expect the results of my biopsy?

The tissue samples are sent to the laboratory where a Pathologist will look at them under a microscope. Results will be discussed with members of the Multidisciplinary Breast Team. You will receive further information regarding this when you attend your appointment.

What if I have any further questions?

Please contact the Specialist Breast Care Nurses on 01904 726775 if you have any questions or concerns before or after your appointment.

The biopsy will be performed by a specialist team who will be able to answer any questions during the procedure.

What if I am unable to attend this appointment?

Please telephone the Breast Imaging Unit on 01904 725592 as soon as possible so that the appointment can be re-arranged.

yhs-tr.northyorkshire.breastscreeningservice@nhs.net

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

Owner	Breast Imaging Unit
Date first issued	December 2025
Review Date	December 2028
Version	1 (issued December 2025)
Approved by	Breast Imaging Quality Management Group
Document Reference	PIL 1768 v1
© 2025 York and Scarborough Teaching Hospitals NHS Foundation Trust.	
All Rights reserved.	