A biopsy is a procedure that obtains a specimen of tissue for microscopic examination by a medical specialist (pathologist).

There are two types of biopsies: fine needle aspirations (FNA) and core needle biopsies. A fine needle aspiration uses a thin needle to remove very small pieces of tissue from the area of concern. A core needle biopsy uses a slightly larger needle and withdraws small cylinders, or cores, of tissue from the specified area.

On the day of your biopsy, you may take your morning medication with a sip of water. If you are taking prescribed anticoagulants (blood thinners) such as Coumadin, you should consult with your physician for instructions prior to the biopsy. Do not eat for 6 hours before your procedure. You must be accompanied to your appointment by a friend or relative who will take you home.

To begin the procedure, the radiologist will perform imaging to localize the area of interest and plan the biopsy approach. You will be given sedation which will cause you to be somewhat drowsy, however, you will be awake and able to respond to voice commands and touches. The skin will be prepared with antiseptic solution and draped to reduce the risk of infection. A local anesthetic will then be injected. The procedure usually takes between 15 and 60 minutes. Recovery time will depend on what area is biopsied.