

Muscle biopsy at the clinical neurophysiology department

Muscle tissue is biopsied to investigate changes in muscle cell structure caused by various diseases.

How to prepare

- If you take anticoagulant, a blood thinner medicine (such as Marevan, Pradaxa, Eliquis, Lixiana), please inform the physician before the examination. Please inform the physician as well if you have been diagnosed with an increased risk of bleeding. **If you take Marevan, please check your latest INR result before the examination.**
- You can take any regularly taken medicine as you normally would. You can also eat and drink normally before the examination.
- Please tell us if you have any known allergies to drugs or anaesthetics before we start the procedure!

What to expect

An electromyography study (EMG, separate instructions) will be done before the biopsy to help us decide which muscle to collect the sample from. We usually take the biopsy from a muscle in the thigh, lower leg or upper arm. You will be lying on your back during the procedure.

The physician will numb the biopsy site with an anaesthetic and make an incision about 1 cm long. Then 3–4 small pieces of muscle will be collected through the incision. The incision will be closed with 1–3 sutures and protected with a bandage.

The procedure is scheduled to take 40 minutes.

After the procedure

You should keep the wound dry for a week. Separate aftercare instructions will be provided in writing at the time of the procedure.

You can have the sutures removed one week later. This is usually done at your local health centre. **We recommend making an appointment for the suture removal beforehand.**

A biopsy report will be prepared by a pathologist. The report will be sent to the ward or outpatient clinic that requested the study, and they will tell you the results and any follow-up you may need.