

This instruction is intended for our patients who are in a care relationship

The Wellbeing Services County of South West Finland

Turku University Hospital

Ultrasound-guided abdominal biopsy

You are coming for an ultrasound-guided biopsy. The procedure requires both rest and post-monitoring therefore a place is reserved for you in the ward.

What is the purpose of the procedure?

The biopsy is done to find out the nature and severity of a possible health problem.

How to prepare for the procedure?

- You will arrive at the hospital on the morning of the day of the procedure, in accordance with the department's instructions.
- You must fast from food and drink from the morning of the day of the procedure.
- Blood tests will be taken before the procedure.
- Before the procedure, you should stop taking certain medicines, such as Marevan. The department will provide more detailed instructions on what medications need to be stopped.
- The use of Omega-3-containing preparations must be stopped one week before the biopsy.
- You may take other medicines as normal, with a small drop of water.

How is the procedure done?

The Radiologist takes the biopsy under local anaesthesia with the help of ultrasound. Before the procedure, the biopsy site is checked with the ultrasound probe and the skin is cleaned and covered. The location of the biopsy needle is verified with the ultrasound. Usually 1–3 samples are taken. The procedure takes about 30-60 minutes. If necessary, you have the opportunity to receive pain medication.

What about after the procedure?

- After taking the biopsy, you will be on bed rest for 4–6 hours to prevent the risk of bleeding. If you are unable to remain lying on your back, the nurses will help you into another position. Raising the head and lifting the legs are prohibited.

- During bed rest, your blood pressure and pulse rate are monitored.
- After the procedure, you can eat and drink normally, unless there are other restrictions.
- You will be able to go home on the day of the procedure. Physical exertion, saunas and hot baths should be avoided for a few days. When you go home, you will receive more detailed aftercare instructions from the ward.
- For a few days, you may feel slight pain at the injection site and in the shoulder area. If the pain intensifies, contact the unit treating you or the emergency clinic.

Where do you get the results from the procedure?

The referring outpatient clinic or ward is responsible for communicating the results of the procedure to you.