

Contact us

Luma Women's Imaging Centre / Day Surgery Centre

The Paragon

290 Orchard Road,
Lobby C

#09-23/27

Singapore 238859

Tel: 6994 5488

Fax: 6257 7588

WA: 6994 5488

Email: paragon@luma.sg



Luma Women's Imaging Centre / Medical Centre

Royal Square Medical Centre

101 Irrawaddy Road,
#12-01 to 06

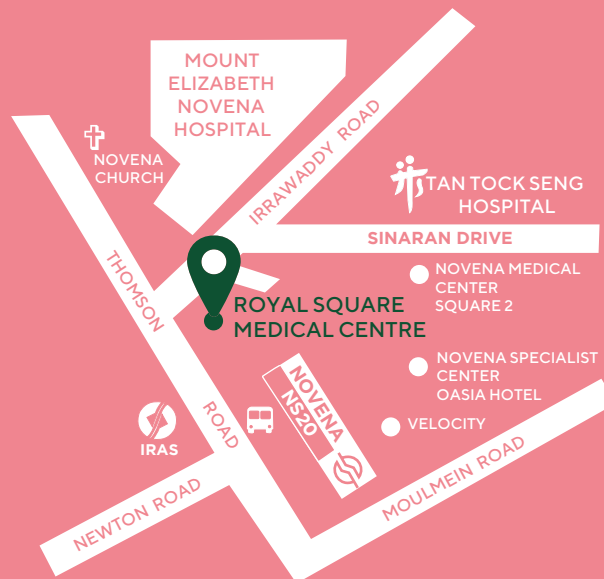
Singapore 329565

Tel: 6929 1236

Fax: 6970 3916

WA: 6929 1236

Email: novena@luma.sg



Biopsy

The different
procedures and
how to get ready
for your biopsy



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A biopsy helps us make a more definitive diagnosis for you.

When an abnormal lump or area is found in your breast after an imaging test, our doctors may need to extract a small amount of tissue for pathological examination.

Once extracted, the breast tissues will be examined by a pathologist to determine the exact nature of the tissues.

As always, our doctors will recommend the best method to safely extract these tissues.

Different types of biopsies

1

Fine Needle Aspiration (FNA)

A quick and simple procedure, a Fine Needle Aspiration causes minimal discomfort even without anaesthetic.

A fine needle is inserted into the targeted area to extract cells into a syringe. However, with such a fine needle, sometimes several extractions may be required for a definite diagnosis.

2

Core Needle Biopsy (CNB)

The benefits of a Core Needle Biopsy is that more tissues can be extracted for more accurate diagnosis.

Local anaesthesia will be given as this is a slightly more invasive procedure with a larger needle.

3

Vacuum-assisted Biopsy (VAB)

A highly specialised procedure, a Vacuum-assisted Biopsy is able to extract multiple tissue samples, which allows for a more accurate diagnosis.

The needle is attached to a suction device, which will gently extract the tissue samples. Small lesions can also be completely removed.

The procedure is performed under local anaesthesia, and sometimes under sedation if required.

How to prepare for your biopsy?



Fasting is usually not required

However, there may be a need if sedation is required. Check with our team before coming for your biopsy.



It is a day procedure

Most biopsies can be done in an outpatient setting, so you do not need to stay overnight with us. After the procedure, our doctors may recommend that you rest in our recovery room for a few hours for observation.



Tell us your medical history

Tell us your full medical history, especially if you are taking any blood thinning medication and if you are diabetic. Also, inform us if you have any allergies to medication, bandages or dressings.



We are always here for you

Feel free to talk to one of our team if you have any concerns, questions or if you simply want to understand more about your biopsy screening.

Remember to apply for a Letter of Guarantee (LOG)

If you are covered by your insurance, remember to apply for a Letter of Guarantee (LOG) before you come. If you are unsure, consult your insurance company or agent in advance.



Come with a caretaker

We recommend you come with a caretaker for your biopsy. While local anaesthesia or sedation may not cause significant drowsiness, it is better to come accompanied.



Avoid strenuous exercise

Be prepared to rest for 2-3 days and avoid any strenuous exercise. You will have a small wound. Simple dressing and wound care will be needed. As always, talk to our team if you have any questions or concerns.