



## PATIENT AFTER-CARE INSTRUCTIONS

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Dear \_\_\_\_\_,

Thank you for choosing PathCare Diagnostics Inc for your fine needle aspiration and/or core biopsy procedure.

There are no special precautions indicated or activities to avoid after an uneventful procedure. You may resume your routine activities immediately.

Remember as explained prior to the procedure, the FNA and/or core biopsy may cause the following short-term symptoms:

- Some bruising or discoloration of the biopsy site. This should resolve itself in a short period of time.
- Additional minor swelling of the lump biopsied. This will subside after a few days.
- Soreness or tenderness of the biopsy site. This is due to the trauma to the soft tissue by the needle during the procedure and should subside in a short period of time. You may take Motrin or Tylenol to relieve the discomfort.

Should the biopsy site become infected (red, sore, markedly swollen), please contact your primary care physician immediately.

### **FOLLOW-UP GUIDELINES FOR THE PATIENTS**

Remember that FNA and/or core biopsy is a diagnostic part of a complete evaluation of a specific mass lesion concerned by your primary care physician or specialist.

The diagnostic accuracy of FNA biopsy is maximized when the physician performing the procedure interprets the specimen as well. The FNA clinic at PathCare Diagnostics Inc allows our board certified cytopathologist to correlate the physical characteristics, clinical/disease history, radiographic findings if available, and the microscopic features into a complete clinic-pathological diagnosis for your referring physician for further appropriate management in a timely fashion. In this setting, the diagnostic accuracy is 95-97%, compatible with that of surgical biopsy (98%).

No test or procedure is 100% accurate all the times. Therefore, your participation in your healthcare is required:

- The results discussed with you today were preliminary. You should follow up with your referring physician who will receive our final report within 24-48 hours.
- If additional lumps appear, contact your doctor to have them evaluated. Never assume that a new lump is of the same nature or origin as the one that was biopsied today.
- In addition, if you see significant changes in size or other characteristics of the lump biopsied today, please contact your doctor or our FNA clinic immediately.
- The result of today's FNA biopsy will not alter your routine healthcare schedules:
  - Routine annual physical examination by your primary care physician
  - Routine screening procedures such as mammography
  - Routine follow up with your physician for pre-existing concurrent conditions

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Patient Signature

Date