

Call your health care provider or go to the Emergency Department if you have:

- fever or chills (temperature greater than 38.5°C or 100°F)
- sudden or increased shortness of breath
- increased pain in chest, abdomen or lower back
- excessive drainage or bleeding from puncture site
- blood in your urine
- coughing up blood
- dizziness or fainting
- palpitations (fluttering sensation in your chest)
- bloating
- nausea and vomiting
- any new symptoms.

For 24 hour professional health advice and assistance, call



Imaging Guided Biopsy or Ablation

Discharge Instructions

Biopsy is the removal of a small amount of tissue for microscopic examination.

Ablation is the therapeutic removal of abnormal tissues, such as tumors.

Bathing/ Personal Care

- Remove the bandage after 24 hours.
- For the first 24 hours, sponge bath only.
- After 24 hours, you may shower or sponge bath.
- After 72 hours, you may soak in the bath tub.
- Gently wash the puncture site with soap and water. It may be tender for a few days.

Nutrition

- Resume your normal diet.

Activity

- Rest and gentle activity only, for the next 3 days.
- **Do not** lift or pull anything over 4 kg (10 lbs) for 3 days.
- After 3 days, resume your regular activities.

Medications

- If you have discomfort, take your pain medication as prescribed by your health care provider.
- **Do not** take products containing acetylsalicylic acid (ASA) such as Aspirin™.
- You may restart your blood thinners 48 hours after the procedure, unless directed differently by your healthcare provider.

Other

- Someone must pick you up when you are discharged from the hospital.
- Do not drive for the next 24 hours.
- You must have someone stay with you tonight.
- You must remain in Regina overnight, unless you are staying within a 30 kilometer distance of a hospital. You may go home the next day. This precaution is for your safety.
- Your health care provider explains your test results with you, and any further care that may be needed.

