

Lung Biopsy Discharge Instructions

What are my Care Instructions?

You received local anesthesia during your Radiology guided biopsy. As the anesthesia wears off, you may feel some pain and discomfort from your biopsy. The area where your procedure was performed may be sore or bruised. If you have pain, don't be afraid to say so. Pain medicine works better if you take it before the pain gets bad.

You may notice a small amount of blood streaked mucous or a cough after your lung biopsy. These symptoms are to be expected for the first couple days.

Follow-up care is the key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems.

How will I care for myself at home?

Activity

- You may start taking showers again 24 hours after your procedure.
- Do not swim or take a tub bath for 7-10 days after your biopsy or until your biopsy site is healed.

For patients who have had an uncomplicated lung biopsy:

- Slowly get back to your normal routine over the next two weeks
- Avoid flying and long distance travel, including in vehicles during this time.
- If you use a CPAP machine, do not use your machine for 1-2 days

For patients who develop a lung collapse or pneumothorax after a lung biopsy:

- Avoid high mountain climbing, deep sea diving or flight travel for 4-6 weeks.
- If you use a CPAP machine, contact your doctor after your biopsy for instructions.

Diet

- You can eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, toast and yogurt
- Drink plenty of fluids (unless your doctor tells you not to).

Medications

- You can take your normal prescription medicines as your doctor has instructed you to do.
- If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine for your pain.

Special Instructions

- You can remove the band aid from your biopsy site 24 hours after your biopsy. If the band aid is soiled you may replace it.
- You will get test results from the doctor who ordered your radiology procedure 3-5 business days after your biopsy.
- You will receive follow up care from your doctor who ordered your biopsy.

When should I call for help?

- Call 911 anytime if you have any of the following signs and symptoms:
 - shortness of breath
 - chest pains
 - Loss of consciousness – (if you passed out or fainted)

Call 911 anytime you think you need emergency care.

- Call the Radiology Nursing Station at 734-936-4515 between 8am and 5pm Monday through Friday, if you have any of the following signs and symptoms:
 - Fever (greater than 100.6°F)
 - Active bleeding from procedure site
 - Large volume (1 cup or more) of coughing up blood (hemoptysis)
 - Redness, swelling, red streaking or pain at IV site or procedure site

- After hours and on weekends and holidays you can call the Radiology Superchief at 734-936-6267, pager 1800.

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