



What are my biopsy prep instructions?

- **Medications**

- If you are on **any** type of blood thinner such as Coumadin or its generic Warfarin, please call our office immediately at (734) 936-9010.
- No more than two antiplatelets may be taken together (medicines like aspirin that reduce blood clots).
- Should you need to, you may take ½ (one-half) of your insulin in the morning.

- **Food or drink**

- You should have nothing to eat or drink for at least six hours before the biopsy.
- On the morning of your test, you may take your medication(s) with a sip of water

- **Driver**

- Because the medicine we give you to make the biopsy comfortable can also affect your reflexes and make you drowsy, we require you to bring a driver or arrange for transportation home after the biopsy.
- You may not drive or ride a bike for 24 hours after the procedure.

Correctly preparing for this biopsy is very important. If you do not follow these instructions, your biopsy may have to be rescheduled.

Where is my biopsy appointment located?

Please report to the Medical Procedures Unit (MPU) on Level 2 of the University Hospital, Room 2B353 (near the cashier's office). The MPU is number 45 on Floor 2 on the enclosed map.

If you are unable to keep your appointment, call (734) 936-9250 and select Patient Service Option 1 to reschedule. If you have other questions, please call (734) 936-9006

What is a needle muscle biopsy?

Many different disorders can affect muscle, and some can only be diagnosed by looking at the muscle tissue under a microscope or by doing special chemical tests on muscle tissue. Thus, your doctor may recommend that you undergo a muscle biopsy when your symptoms, physical exam, or laboratory tests point to something wrong with your muscles.

In the past, “open” muscle biopsies were usually done. The muscle sample was obtained by cutting through the skin and tissue over the muscle, removing a single piece from the exposed muscle, and then sewing up the incision. Today, muscle biopsies can be done with a “needle” technique. Through a small skin incision, the doctor can enter the muscle with a biopsy instrument about the size of an ordinary pencil and snip off pieces of the muscle from the inside. These smaller pieces of muscle usually give your doctor enough information to make a diagnosis.

Once in a while, the doctor won’t be satisfied with the needle biopsy, and will recommend an open biopsy. Because the needle muscle biopsy causes far less pain and potential complications than the open biopsy, most doctors recommend needle muscle biopsy when they suspect muscle disease.

How long does the test last and what can I expect to happen?

You will spend about 1-1/2 hours in the Medical Procedures Unit (MPU). The muscle biopsy itself will take about 10 minutes. It will take about 45 minutes to prepare you for the test and you will spend about 30 minutes in the recovery room after the test.

1. When you come to the MPU, a nurse will take you to a private area where you will remove your street clothes and put on a hospital gown. If you have a pair of comfortable shorts, bring them along; you're welcome to wear them with your hospital gown.
2. The nurse will ask you about the problem for which you are having the biopsy, take your blood pressure and pulse, and then place an I.V. into your arm and put two small cloth pads on your chest to monitor your heart beat.
3. After reviewing and signing the consent form, you will be taken to the procedure room. The nurse will place a cuff around your arm to take your blood pressure, clip a monitoring device to your ear to measure oxygen in the blood, and attach wires to the pads on your chest.
4. You will get some medicine through the I.V. that will make you a little drowsy.
5. The area to be biopsied is wiped with an iodine solution and covered with a sterile towel. The thigh muscle is usually biopsied, but sometimes the doctor chooses another muscle, such as the shoulder, upper back, or calf.
6. The doctor injects some medicine (it will burn for a moment) to numb the skin and the underlying tissues. When your skin is numb, the doctor makes a small skin incision then puts the needle biopsy instrument into the muscle through this opening. You may sense the stab of the instrument and feel the little "nips" the instrument makes as it snips off samples from within the muscle. The nurse can give you more pain-killing medicine by vein. The doctor usually penetrates the muscle in a different direction to get samples from another part of the muscle.
7. The doctor then pulls the instrument out once a sufficient amount of tissue is obtained, and the nurse applies pressure to the muscle for about five minutes.
8. The nurse cleans the antiseptic off of the skin, places steri-strips over the small cut, and wraps the site with gauze or an Ace™ bandage. You will then

go back to the recovery area where you will stay until the effects of the medication wear off.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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