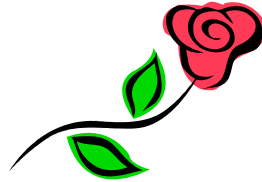


Instructions to Patients for Breast Random Fine Needle Aspiration



You have been scheduled to have a breast fine needle aspiration at Duke University Medical Center. We want this to be a positive experience for you. To help meet this goal, please follow the instructions below:

- * Do not take any aspirin or ibuprofen for 3 days prior to your appointment.
- * Avoid taking vitamin E and fish oil for 3 days prior to your appointment.
- * Do not take amphetamine-like medications (ex: Ritalin) for 24 hours prior to your appointment.
- * If you need to take a pain medication, Tylenol can be taken during the 3 days prior to your appointment.
- * The procedure should cause you little or no discomfort. However, if you are feeling nervous, we can prescribe a medication called Ativan to take about an hour before your appointment.
- * If you take Ativan, make sure that you arrange to have someone drive you to and from your appointment. It will not be safe for you to drive for 6-8 hours after you take this medication.
- * To help prevent bruising after the procedure, your breasts will be tightly wrapped with a gauze bandage. If you prefer, you may bring a sports bra with you instead.
- * The local anesthetic we use contains epinephrine, which is used to minimize bleeding and bruising. Although it wears off quickly, epinephrine can make you feel jittery, like a big cup of coffee.

If you have any questions or concerns before your appointment, feel free to contact Tracey Grant at: (919) 681-9852 or e-mail tracey.grant@duke.edu. Tracey will contact you prior to the appointment to answer questions and review instructions. If you need to cancel or re-schedule your appointment, **please** call Tracey at least 2 days in advance (if possible). This will be much appreciated.