

# THE FINE NEEDLE ASPIRATION BIOPSY (FNA) CLINIC

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*At the UCSF Mt. Zion  
Medical Center*

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*Drop-In Clinic Hours:*  
9:30 am to 5:00 pm

*2005*

1600 Divisadero Street  
(Between Post and Sutter Streets)  
R-200 - Second Flr.  
San Francisco, CA 94143

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**415-353-7043**

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**FAX: 415-353-7676**

Shuttle schedule & Mt. Zion map included

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THE FINE NEEDLE ASPIRATION  
BIOPSY (FNA) CLINIC

UCSF / MT. ZION MEDICAL CENTER  
1600 Divisadero Street  
San Francisco, CA 94143-1785

*We are now located at Mt. Zion Medical Center*

### **What is FNA biopsy?**

You have been referred for a Fine Needle Aspiration biopsy (FNA) by your health care provider. This is because a lump was discovered and your physician wants to determine what that lump is. In the past, the only way to do this was to have you go to the hospital and undergo a surgical procedure that may be painful, might cause scarring, had more complications, and involved a longer period of anxiety while waiting for the results. With the use of FNA, all this is unnecessary in most cases. We can now sample your lump using only a thin small needle that will leave a mark no bigger than a needle stick from a blood test. Furthermore, this test will most often allow us to make a diagnosis of your lump within 2 to 3 days of the test.

### **How is the biopsy performed?**

First the doctor will ask you some questions about the lump: where it is, how and when you first became aware of it, and if you've noticed any changes in it. Next, the doctor will feel the lump. Before the actual biopsy is performed the doctor will give you an opportunity to ask any questions or express any concerns you might have about the procedure. After all your questions and concerns have been addressed, the actual procedure will begin. Holding the lump with one hand, the doctor will precisely sample the lump with a thin needle held in a needle holder, which provides greater control. Usually, 2- 3 samples

will be required from the lump to provide an accurate diagnosis. During the procedure, the doctor will usually leave the examination room with one of the slides to check that there is enough tissue to prevent the need for a second office visit.

### **How long will the procedure take?**

Each sample will only take about 10 seconds to obtain. The whole procedure from start to finish takes no more than 20 to 30 minutes. However, please allow an hour for your visit because of registration and possible waiting time in the office.

### **When will I get my results?**

Generally, your results should be available from your surgeon or primary care provider's office in 2 to 3 working days. The results can be grouped into three categories:

1. Clearly Benign (not cancer)
2. Clearly Malignant (cancer)
3. Non-definitive, Less Clear (most often, this will be followed by a surgical biopsy)

### **How reliable is this test?**

In the hands of a skilled FNA practitioner, this test is very reliable. In the instance of a clearly benign diagnosis, it may prevent you from undergoing surgery. In the case of a clearly malignant diagnosis, it quickly establishes the need for further treatment. In the less frequent occurrence of a non-definitive diagnosis, either repetition of the FNA or a surgical biopsy is usually recommended.

### What complications might arise?

Fine Needle Aspiration Biopsy, when carried out by an experienced doctor is virtually free of significant complications. The most common complication is a slight bruising or tenderness of the area for a few days following the procedure. Discomfort should be relieved by an over-the-counter pain reliever such as Tylenol or the application of an ice-pack for short periods following your return home.

If you experience swelling that doesn't go away, continued bleeding, a fever over 100° F, or if you experience pain that is not helped by Tylenol or other non-aspirin products, call your doctor's office immediately.

### Registration for Appointment or drop in:

First, stop by the Registration Office, Room 108 to register for your FNA visit. Registration office is located to the right of the Main Lobby. The FNA Biopsy Clinic is located directly above it on the second floor, R-200. Take the elevators to the second floor, make a right (thru double doors) and follow directions on the wall.

### For your appointment bring:

- Insurance card /information
- Referring physician order
- Identification

### Directions to Mt. Zion from Parnassus Campus:

An Express shuttle (Blue and Gold) runs to Mt. Zion every 20 minutes. It can be

taken at 530 Parnassus Avenue (in front of Campus Library). The shuttle will deliver you to Mt. Zion at Sutter Street. **Please refer to Shuttle schedule on the next page.** Enter thru main building at 1600 Divisadero Street, make a right at the Lobby and go directly to Registration, Room 108. Advise them you are having a visit at the FNA Biopsy Clinic.

### Parking:

For your convenience, two parking garages are located on the south side of both Sutter and Post Streets between Divisadero and Broderick Streets.

### Mt. Zion Campus Map:

