

CT guided abdominal biopsy aftercare

Introduction

This leaflet gives you information about aftercare following your CT abdominal biopsy.

What to expect after your biopsy

You can eat and drink normally after your CT biopsy. We recommend that you drink plenty of fluids for the next 2 to 3 days.

The results of the CT scan will be sent to the doctor who requested the test. The doctor will contact you to arrange a follow-up appointment.

If you experience any of the possible complications listed on the following page, it is important that you follow the advice given in the 'Actions to take column'.

Possible complications

What to look for	Possible complication	Frequency	Actions to take
Bruising		Common	Take simple pain relief such as paracetamol to relieve any pain.
Swelling and pain around the site of the biopsy	Haematoma	Rare	Apply a cold compress such as an ice pack wrapped in a tea towel. Take simple pain relief such as paracetamol to relieve any pain. If the swelling or pain does not improve over the next few days telephone the Radiology Nurses.

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Radiology

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Patient
 Information

Possible complications (continued)

What to look for	Possible complication	Frequency	Actions to take
Swelling over the biopsy site with redness, fever or chills	Infection of the biopsy site	Rare	During working hours, telephone the Radiology Nurses for advice. Out of hours call NHS 111. Do not ignore this symptom

If you experience any other symptoms, please contact your GP for advice.

Contact information

If you have any problems or questions, please contact the Radiology Nurses on:

Tel: 0300 422 5152 or

Tel: 0300 422 3063

Monday to Friday, 9:00am to 5:00pm

Alternatively, you can you contact your GP or NHS 111.

NHS 111

Tel: 111

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>