

## **FNA biopsy is performed on a drop-in basis:**

### **Mt Zion Hospital:**

One FNA Biopsy Clinic is located on the second floor of UCSF Mt. Zion Hospital immediately above the first floor lobby, room R-200. Patients will undergo registration in the clinic and will then be seen on a first-come, first-served basis. No appointments are needed. The staff will update you as to the wait time to see a doctor.

### **Mission Bay Medical Center:**

A second FNA Biopsy Clinic is located in the Adult Cancer Center Clinic located on the fourth floor of the Gateway Medical Building at UCSF Mission Bay. Patients will undergo registration in the clinic and will then be seen on a first come first served basis. No appointments are needed. The staff will update you on the wait time to see a doctor.

### **For your appointment, please bring:**

- Order requisition from your healthcare provider
- Insurance card or **insurance authorization from your insurance plan before we can perform a Fine Needle Aspiration procedure. Please check with your provider's office to make sure an authorization has been received, if required, before you drop in for your FNA.**
- Picture identification

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

A UCSF 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 posted near each shuttle stop.** Enter Mt. Zion through the main building at 1600 Divisadero Street, veer right in the Lobby and take the stairs or elevator to the second floor. The FNA Biopsy Clinic is located in room R-200. Please follow the signs.

### **Directions to Mission Bay from Parnassus Campus:**

A UCSF shuttle (Grey) runs to Mission Bay at least every 20 minutes. It can be taken at 401 Parnassus Avenue (at the shuttle stop near the LPPI building). The shuttle will deliver you to Mission Bay Hospital. **Please refer to the shuttle schedule posted near each shuttle stop.** Enter the Gateway Medical Building at 1825 4<sup>th</sup> Street, veer right in the lobby and take the stairs or elevator to the fourth floor. The Adult Cancer Center Clinic is located at Reception B. Please follow the signs.

### **Parking:**

For your convenience, parking garages are located on both Sutter and Post Streets between Divisadero and Broderick Streets at Mt. Zion

A parking garage is located at Mission Bay on 4th Street between 16th Street and Mariposa Street.

## **THE FINE NEEDLE ASPIRATION BIOPSY (FNA) CLINIC *UCSF Mt. Zion Medical Center***

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

1600 Divisadero Street  
(Between Post and Sutter Streets)  
R-200 – Second Floor  
San Francisco, CA 94143  
Phone 415-353-7043  
Fax 415-353-7676

~~~~~

## **THE FINE NEEDLE ASPIRATION BIOPSY (FNA) CLINIC *UCSF Mission Bay Center***

1825 4<sup>th</sup> Street  
(Near 16<sup>th</sup> and 4<sup>th</sup> Streets)  
Reception B – Fourth Floor  
San Francisco, CA 94158  
Phone 415-353-7043  
Fax 415-353-1612

## **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, nodule or other growth was discovered and your provider would like a biopsy in order to obtain more information regarding the nature of this lump. In the past, the only way to perform a biopsy was by a surgical procedure that could cause complications such as significant bleeding, pain or scarring. Surgical biopsies require waiting for the results, which may cause anxiety. With the advent of FNA biopsy, surgical biopsy is unnecessary in most cases. We can now biopsy your lump using a very thin needle that will leave a mark no bigger than the needle puncture when you have your blood drawn. Results are usually available within 2 to 3 days of the biopsy.

## **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 have noticed any changes in it. Next, the doctor will feel the lump. If the lump is not easily felt, the doctor may use an ultrasound machine to visualize it. 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 biopsy will begin. Holding the lump with one hand, the doctor will sample the lump with a thin needle held in a needle holder. The needle holder provides greater control and precision. The doctor may use an ultrasound machine in order to both visualize the lump and the needle within it. Usually, 2- 3 samples are obtained to provide an accurate diagnosis. During the procedure, the doctor may leave the examination room with one of the slides to check that enough tissue was obtained, helping to prevent the need for a second office visit.

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

Each sample will only take about 10-30 seconds to obtain. The whole visit from start to finish takes no more than 20 or 30 minutes for lumps that are easily felt. Procedures that require use of an ultrasound machine may take significantly longer. Please allow at least one hour for your visit to allow time for registration and for the possibility that you may need to wait in the office.

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

Generally, your results should be available from your 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. Less than definitive, unclear (most often, this result will be followed by a surgical biopsy).

Sometimes the FNA sample must be sent to a laboratory for special testing. These additional tests can take a week or more and may delay diagnosis, but can provide important information regarding the nature of the lump or growth.

## **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, results of this biopsy may prevent you from undergoing surgery. In the case of a clearly malignant diagnosis, it quickly establishes the need for further treatment. A non-definitive diagnosis is infrequent; in this case, either a repeat 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 bruising and/or tenderness of the area for a few days. 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.*