

## What is a muscle biopsy?

It is a minor surgery done under local anesthetic. A small cut is made and a piece of muscle is removed. The doctor will decide which muscle to biopsy.

## Why is it done?

A Muscle biopsy is done:

- To determine if there is a muscle problem

## How do I prepare for this test?

- Tell your doctor if you are taking a medication that causes prolonged bleeding, such as Entrophen (aspirin) Plavix, Aggrenox or Coumadin. **These should be stopped before the biopsy.** You **must** speak to the doctor who prescribed these medications before the test to know if it is safe to stop these pills. He or she will give you instructions of how to adjust them.
- You can eat your regular breakfast and take your medications (except the ones mentioned above).
- Please bring a list of your medications
- You may receive a mild sedative before the biopsy and will not be able to drive home. Please arrange to have someone come with you or pick you up after the biopsy. **If this is not arranged your procedure may be cancelled.**

## What happens during the biopsy?

- First a local anesthetic is used to numb the biopsy site. Then a small cut (incision) is made in your skin and the muscle sample is removed.
- To help the wound heal, the edges of the cut are held together by stitches or by using a special tape (steri-strips)). The cut is then covered by a bandage.

## How long does the biopsy take?

Normally it takes 45 minutes.

## What happens after the biopsy?

- You will rest in the Neuro Day Centre for about one hour after your biopsy. You will then be discharged to go home.
- You should limit your walking for the first 48 hours.
- Your wound will heal within a week. Do not change your bandage during this time. Keep your bandage dry.
- Wrap your bandage in plastic before showering.
- After one week your bandage will be removed. Your wound will be examined and stitches will be removed. This will be done at your local CLSC.

## What can be the problems after the biopsy?

The risk of problems is minor and rare. They include:

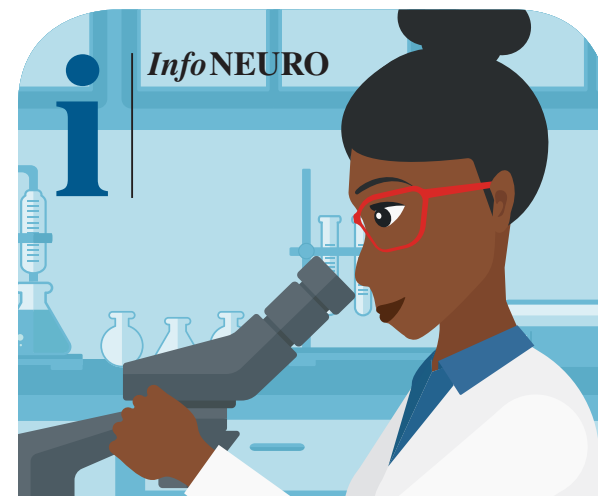
- After the biopsy you may have some minor pain and bruising around the cut
- There is a slight risk of infection any time a cut is made in the skin.
- It is possible to have an allergic reaction to the local anesthetic or to the bandage.
- Very rarely there can be damage to the muscle or other body tissue in the area.

## What do I do if I have any of these problems?

- If you have any pain you may take Tylenol as instructed.
- If you have bruising, it is usually mild and will get better in a few days.
- If you have an allergic reaction to the bandage, it will feel itchy and you may have redness around the bandage. A new bandage will need to be applied. You may do this at the Neuro Day Centre or the CLSC.
- If you develop a fever, notice any oozing from the bandage or have an increase in pain after a few days, your cut may have become infected. Please notify your doctor or contact the Neuro Day Centre for instructions. **We are open Monday to Friday from 8 AM until 4 PM. (514-398-1986).**

## When and how will I receive the results of my biopsy?

Please make a follow-up appointment with the doctor that ordered the biopsy for you (your neurologist or other doctor). Depending on the types of tests the doctor ordered on the biopsied piece of muscle, the results may take up to six weeks.



# Muscle Biopsy

**Outpatient check-in  
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