

MUSCLE BIOPSY

Before the Procedure

- Your physician will explain the procedure to you and offer you the opportunity to ask any questions that you might have about the procedure.
- You will be asked to sign a consent form that gives your permission to do the procedure. Read the form carefully and ask questions if something is not clear.
- Notify your physician well in advance of the procedure if you are sensitive to or are allergic to any medications, latex, tape, and anesthetic agents (local and general). **THIS IS VERY IMPORTANT.**
- Notify your physician of all medications (prescribed and over-the-counter) and herbal supplements that you are taking on a regular basis.
- Notify your physician if you have a history of bleeding disorders or if you are taking any anticoagulant (blood-thinning) medications, aspirin, or other medications such as Aleve, Advil and fish oil products that affect blood clotting. It may be necessary for you to stop these medications up to two weeks prior to the procedure.
- You will need to arrange for someone to drive you home after the procedure.

After the Procedure

- Once you are home, it is important to keep the biopsy area clean and dry.
- Since self-absorbing stitches are used, they will not be removed by anyone. Adhesive strips generally will fall off within a few days.
- The biopsy site may be tender or sore for 2 to 3 days after a muscle biopsy. Take a pain reliever for soreness as recommended by your physician. Aspirin or certain other pain medications may increase the chance of bleeding. Be sure to take only recommended medications.
- Notify your physician to report any of the following: fever, redness, swelling, bleeding, or other drainage from the biopsy site, increased pain around the biopsy site.
- You may resume your usual activities as instructed by your physician. Usually you will be required not to bear any weight with the biopsied leg for 2 to 3 days. Please keep this in mind when planning for the procedure.
- Your physician may give you additional or alternate instructions after the procedure, depending on your particular situation.



CARE OF THE MUSCLE BIOPSY SITE

- You are not to bear any weight with the biopsied limb for at least 48 hours. However, you will need to move it via passive exercises to prevent stiffness. After 2 to 3 days you can start putting weight on your extremity and gradually increase your level of activity with that limb. Do not forget to keep the biopsied limb elevated to prevent any swelling. You will need to avoid any strenuous exercise for 2 weeks after the biopsy.
- You may remove the ace bandage within 24 hours of the biopsy. On the third day after the biopsy you will remove the dressing (gauze and tape) and apply hydrogen peroxide over the incision site. This will be the one and only time when you will wet/moisten the incision site. From then on, you will need to change the dressing every day for 2 weeks without applying anything over the incision site.
- The stitches are self-dissolving and therefore must not be removed by anyone. Adhesive strips should not be removed either as they will fall off on their own within a couple of weeks.
- Please keep the biopsy site clean and dry at all times since wetting the area might cause premature dissolution of the stitches. Do not apply aloe vera, ointment, or any topical antibiotics over the incision. You may take a shower by wrapping saran wrap around the biopsied arm or leg. If for any reason the incision site becomes wet you can dry it with a blow-dryer set on cool.
- You can take over-the-counter pain medications (Ibuprofen or Tylenol) if you experience pain at the incision site.
- If you experience excessive bleeding, oozing, redness or warmth at the incision site, please call the numbers provided below as this might be a sign of an infection.
- Processing and interpretation of the muscle specimen may take up to 4 weeks. If you were referred by another physician, the official report will be sent to your referring physician. Results are not given over the phone.



Procedure Overview

A muscle biopsy is a procedure used to diagnose diseases involving muscle tissue. Tissue and cells from a specific muscle are removed and viewed microscopically. The procedure requires only a small piece of tissue to be removed from the designated muscle.

The tissue sample is obtained by your physician who will make an incision (approximately 1.5 inches long) in the skin (open biopsy) and remove 3 to 4 very small pieces from your muscle.

The muscle selected for the biopsy depends on the location of symptoms which may include pain or weakness. The muscles often selected for sampling are the biceps (upper arm muscle) or quadriceps (thigh muscle).

Reasons for the Procedure

A muscle biopsy is performed to assess the musculoskeletal system for abnormalities. Various disease processes can cause muscle weakness or pain. These conditions may be related to problems within the nervous system, connective tissue, vascular system, or musculoskeletal system.

A muscle biopsy helps to determine the source of the disease process ensuring initiation of the appropriate treatment.

Muscle biopsies may be performed to diagnose neuromuscular disorders, infections that affect the muscle, and other abnormalities in the muscle tissue. The following is a list of some conditions diagnosed by muscle biopsy.

- **Muscular dystrophy (MD).** A broad term that describes a genetic (inherited) disorder of the muscles. Muscular dystrophy causes the muscles in the body to become very weak. The muscles break down and are replaced with fatty deposits over time. There are many different types of muscular dystrophy.
- **Polymyositis.** A disorder that causes inflammation of many of the skeletal muscles.
- **Dermatomyositis.** A collagen disorder that causes inflammation to the skin, muscles, and subcutaneous tissue often resulting in weakened muscles.
- **Inclusion Body Myositis.** A chronic disorder that causes inflammation of the muscles.

There may also be other reasons for your physician to recommend a muscle biopsy.



Risks of the Procedure

As with any surgical procedure, complications can occur. Some possible complications may include, but are limited to, the following:

- Bruising and discomfort at the biopsy site.
- Prolonged bleeding from the biopsy site.
- Infection of the biopsy site.

During the Procedure

A muscle biopsy may be performed on an outpatient basis or as part of your stay in a hospital. Procedures may vary depending on your condition and your physician's practices. Generally, a muscle biopsy follows this process:

- You may be asked to remove clothing and will be given a gown to wear, if necessary.
- During the procedure, you will need to lie as still as possible.
- The skin over the biopsy site will be cleansed with an antiseptic solution.
- As the physician injects a local anesthetic to numb the area, you will feel a needle stick and a brief stinging sensation.
- Your physician will then make an incision through the numbed skin, the fatty tissue under the skin and the fascia (the covering of the muscle). After this he/she will obtain the biopsy specimen. You may feel some pressure, pulling sensation or cramping during the procedure.
- The physician will close the opening in the skin with stitches and adhesive strips.
- A sterile bandage/dressing will be applied.
- The muscle tissue sample will be sent to the lab for examination.

Processing of the Muscle

The muscle biopsy is processed and looked at under a microscope. Different tests are performed depending on the suspected diagnosis. The processing may take at least one week, and full analysis leading to a full report usually takes 3 to 4 weeks or longer in more complex cases. The result is sent to the referring doctor, who will then explain the findings to you. Any sample remaining after this analysis is stored in case further analysis or re-analysis is required in the future. The remaining nerve may also be used for research into diseases of nerve, and development of new techniques.

