

NIH Clinical Center Patient Education Materials

Adipose Tissue Biopsy

You are scheduled for an adipose tissue biopsy from the fat on your abdomen or another area determined by your NIH Clinical Center research team helps us learn about fat cells and how they work. Before the procedure, your team will discuss the procedure and answer any questions that you might have. You will be asked to sign a consent form giving us permission to do the biopsy.

Your Name: _____

Procedure Date: _____

Procedure Time: _____

Procedure Location: _____

Adipose Tissue Biopsy Preparation

Within seven days before the biopsy:

- Routine blood work (Complete Blood Count and Prothrombin Time/Partial Thromboplastic Time).
- Additional blood work may be required depending on which study you are enrolled in.

Three to seven days before the biopsy:

- Do not take aspirin, or products containing aspirin (such as cough or cold medicine).
- You cannot have a biopsy if you take a “blood thinner” (such as Coumadin).
- If you take a blood thinner, talk with your NIH Clinical Center research team and your primary health care provider to determine whether temporarily stopping the medication for a biopsy is safe. Do not stop your blood thinner unless you are told to do so by your primary health care provider.
- Do not take NSAIDS (non-steroidal anti-inflammatory drugs) such as Motrin, Advil, Ibuprofen, Indocin, Aleve, and Naprosyn.
- If needed, you may take Acetaminophen (Tylenol) for pain.

The day of the procedure:

- Bathe or shower during the morning of your biopsy.
- Ask your NIH Clinical Center research team if it is okay to eat breakfast in the morning. If you have other tests, you may be asked to fast (not eat breakfast).
- Your NIH Clinical Center research team will review with you how and why the biopsy is being performed.
- You will sign the consent form to give us permission to do the biopsy.

Adipose Tissue Biopsy Procedure

- Your doctor, nurse practitioner, or physician’s assistant will inject a local anesthetic just under the skin in your abdomen. You will feel a slight burning sensation during this injection.
- Then, he/she will make a small cut, called an incision. This incision will be less than 1 inch long.
- He/she will remove small tissue samples from the incision.
- During the procedure, you may feel some pressure, tugging, and discomfort.

- After the samples have been collected, we will apply pressure to the site for five to ten minutes to stop any bleeding.
- Then we will place sterile-strips, gauze, and a clear plastic dressing over the biopsy site.
- You may be asked to remain in a laying position for 30 minutes with a cold ice pack over the procedure site.

After the Procedure

For the next 24 to 48 hours

- Avoid activities including bending, stretching, pushing, or lifting anything over ten pounds for the next 48 hours.
- You may take Acetaminophen (Tylenol), if needed, for pain or soreness.
- It is normal to have some bruising or hardness/firmness at the biopsy site for two to three weeks. This is dried blood (a hematoma) and will be reabsorbed by the body on its own.
- Check the biopsy site daily for possible signs of infection:
 - Excessive redness
 - Tenderness or swelling
 - Steady or increased pain
 - Warm skin (warmer than usual) around the incision
 - A lot of drainage (a small amount of pink-tinged drainage may be normal)
 - Fever

If you see any of these signs, phone the NIH Page Operator and ask them to page the Endocrinology Fellow or nurse practitioner at 301-496-1211.

Special Instructions:

- If you were taking Aspirin and/or NSAIDS medications before your biopsy, you may restart these medications 72 hours after the biopsy.
- Restart blood-thinning medication following the advice of your health care provider.

This information is prepared specifically for persons taking part in clinical research at the National Institutes of Health Clinical Center and may not apply to patients elsewhere. If you have questions about the information presented here, talk to a member of your health care team. Products/resources named serve as examples and do not imply endorsement by NIH. The fact that a certain product/resource is not named does not imply that such product/resource is unsatisfactory.

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[Questions about the Clinical Center?](#)

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