

Muscle biopsy and preparations

Muscle biopsy is a procedure where a small piece of a muscle is removed for a histopathological examination to diagnose muscle diseases. To find the best biopsy site, the muscle may be examined with a thin needle and ultrasound before the procedure.

The procedure usually takes about 30 minutes.

Before the procedure

- You may eat and drink as usual before the procedure.
- Do not apply lotion on your body or limbs for a few days before the procedure. Please shower in the morning of the procedure day.
- Wear warm clothes that are easy to undress. Please wear brief underpants so that the procedure is easy to perform.

During the procedure

You will lie down during the procedure. The skin on the biopsy area will be cleaned and local anesthetic will be applied. A doctor will make a small cut of about 1-2 centimeters on the skin with a knife. Through this cut, the doctor will take 4 to 6 samples of the muscle. The cut will be closed with 1 to 3 sutures that will be removed at your local health center after about a week.

After the procedure

You will receive wound care instructions from the Clinical Neurophysiology Unit (KNF). You will receive the results of the examination from the doctor who treats you.

If you do not know how to find out the results, please contact the outpatient clinic or ward that referred you to this examination.

Other things to note

- Bring copies of any previous ENMG reports with you to the procedure.
- Inform the procedure unit immediately if you have an illness that increases the tendency to bleed (e.g. hemophilia or thrombocytopenia), a cardiac pacemaker, a disease which may be transmitted via blood (such as hepatitis), or if you are currently using any blood-thinning medication or medication that affects blood clotting. Also inform the staff about these matters when you arrive to the procedure.
- Avoid strenuous exercise for one day after the procedure. For example, do not go to the gym.

Please take your Kela-card or identification with you.

You will not be charged for the examination separately.

Cancel the appointment if you cannot come.



Patient Instruction

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HUS Medical Imaging Center
Clinical Neurophysiology

[tutkimukseen.fi](https://www.tutkimukseen.fi)

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