



**NHS**

Great Ormond Street  
Hospital for Children  
NHS Foundation Trust

## Having a muscle biopsy (Easy Read)



You are coming to hospital for a muscle (said: muss-ull) biopsy (said: bye-opp-see).



A biopsy is a tiny bit of body tissue. People in our laboratory (said: lab-orr-ra-tree) look at it under a microscope (said: my-cro-scope). This helps the doctors work out how to look after you.



You may have an anaesthetic (said: ann-ess-thet-ick) for the biopsy. You will not be able to feel anything or know what is happening.



The doctor will use a needle or make a small cut in your skin to take a bit of muscle, the same size as a grain of rice.



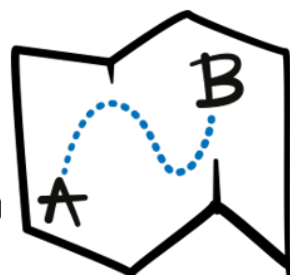
Usually they will take 2 or 3 bits. They send these to the laboratory. Scientists will look at the bits under a microscope. They will send a report of what they see to your doctor.



The doctor will put a plaster over the area. They may put in a stitch or two to keep the area closed.



You will come back to the ward to wake up from the anaesthetic. The nurses will check you regularly to make sure are getting better.





You might feel a bit sore where the biopsy was taken. You can take pain medicine to help.



You may feel sick and dizzy after an anaesthetic. Keep having small sips of water. When you do not feel sick, have a small snack.



You can usually go home when you have woken up from the anaesthetic and are eating and drinking as usual.



Call the hospital if the biopsy site gets infected. Signs of infection (said: inn-feck-shun) are redness, oozing and swelling.



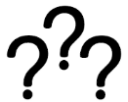
There may be a dressing over the biopsy site. You should keep this dry for 2 days.



You can have a bath or shower after 2 days. Do not soak the biopsy site. The scab could get soft and fall off too soon.



The doctor will tell you about the results of the biopsy at your next clinic appointment.



Please ask us if you have any questions.

