

Ultrasound phantom for puncture and biopsy

This recipe provides a good phantom to biopsy in. The ultrasound image and texture is very breast-like, so needle handling in the phantom is also similar to a fat-rich breast. The phantom can be frozen. As usual, practice makes perfect, not least freehand puncture, so practice a lot and good luck.

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Recipe for a phantom

• 250 ml hot water

• 20 g of gelatin

• 10 g Psyllium husk (Fiber-Husk)

• ¼ tsp Atamon powder – preservative

• Berries eg gooseberries, black currants, peeled grapes

• Thin wettex cloth

• First dissolve the gelatin. Then mix in the psyllium husk. Pour in several batches and add berries and pieces of thin wettex cloth (gives connective tissue lines) in the mold. Cool down. Put in tight plastic bag or rubber glove (Biogel 8.5 is good) together with ultrasound gel. Bind and biopsy. •

