

One-Stop Breast Service Clinic

Patient Information

Surgical Breast Care Department



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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Introduction

All women and men can be affected by breast disease; the important thing is to remember that not all breast abnormalities are cancerous.

Early diagnosis of breast problems helps to ensure that if cancer is detected the chances of successful treatment are improved. It can be a very anxious time, so the aim of our clinic is to provide rapid access to a team of breast care specialists, including surgeons, radiologists, radiographers, and breast nurse specialists.

What Happens at Your Initial Consultation?

You will be seen by a breast surgeon who will review your medical history and examine you in the presence of a chaperone. If you wish to be examined by a female member of the team, please let us know before you come to clinic for the appointment. We will try to arrange this if possible.

In addition to a clinical examination, further tests may be carried out on the day to help obtain a diagnosis. **These tests may take up to two hours** and can include one or more of the following.

Mammogram

This is a technique which takes breast x-rays to show the detailed structure of the breast tissue. A mammogram may show abnormalities which have not been detected by clinical examination. This is performed by a radiographer in the Breast Screening Unit, and you may be asked to return to the clinic to wait for the results.

Ultrasound

An ultrasound scan uses sound waves to provide a picture of the breast tissue. A jelly-like substance is smeared onto the area to be examined and a small probe is placed over your breast so that images can be seen on the monitor. The examination is painless and is performed in clinic.

MRI

Occasionally an MRI scan can be helpful to your consultant in assessing your breast tissue. This is not a routine examination or a replacement for other forms of imaging but rather a supplementary tool for detecting breast cancer and other breast abnormalities. Please note this investigation, if required, will be carried out at a later date.

Breast Biopsy

If an abnormal area is seen on the ultrasound scan or mammogram, a biopsy may be necessary. This will involve taking some cells or tissue to send to the pathology laboratory for examination.

The biopsy can be taken in two ways:

- **Fine Needle Biopsy (FNA)**

A fine needle biopsy involves passing a needle into the breast to withdraw some cells for our pathologist to examine. This procedure is performed during your clinic visit.

- **Core Biopsy**

A core biopsy is carried out under local anaesthesia and involves making a small incision in the breast so that some tissue can be removed for examination.

On occasions diagnostics may not be available on the day and you will receive an appointment for these at a later date.

What Happens Next?

In most cases we will be able to provide you with the results from the mammography and ultrasound tests during the clinic.

However, if you have a biopsy, you may be asked to come back in two weeks' time for the results and your surgeon will make arrangements to discuss them with you. We realise that you will be concerned about the result, and it is important to us that we get the result to you as soon as possible.

We will write to your GP following your appointment and you will receive a copy of this letter.

Breast Care Nurses

Specialist breast care nurses are available in all clinics. They can give you advice and support and answer your questions.

Please note that, whilst we do aim to keep to our appointment times, there may be delays in clinic due to the number of investigations that may need to be carried out.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

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Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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