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Patient Information Leaflet

Wirral Breast Centre
Clatterbridge Road
Bebington
Wirral
CH63 4JY
Tel: 0151 482 7661

What Happens at a Breast Clinic

Wirral University Teaching Hospital NHS Foundation Trust operates a
No Smoking Policy. Please refrain from smoking on site.



This leaflet is available in large print, Braille and on tape.
Please contact Geoff Pennock on 0151 604 7289.

This leaflet is designed to help you understand what may happen at the Breast Clinic, Clatterbridge.

If you have any questions please do not hesitate to ask any of the staff.

Your doctor has referred you to the Breast Clinic for a specialist opinion. This may be due to a number of reasons, for example

- a lump
- a nipple discharge
- breast pain
- an abnormal appearance or sensation in one or both breasts.

We hope you will leave here feeling reassured and with more understanding about your breast health.

Be prepared for your visit to last up to four hours depending on the number of tests necessary for the breast clinician to diagnose your problem.

Where possible, the results of your tests will be given to you before you leave the department.

On Arrival

You will be checked into the clinic by a receptionist who will check your personal details, such as address, date of birth, telephone number and name of your GP. Your GP will be written to after your visit with the details of your consultation and any results or future management plans. You may also request a copy of this information.

Tests

The following tests are usually offered in the Breast Clinic. However, it may not be necessary for you to have all the tests listed.

- 1. Clinical Examination** – A Breast Practitioner will ask you some questions about your past medical history, and tell you the results of any previous tests and what care may be necessary in the future.
- 2. Mammography** – This is an X-Ray of the Breast. The Radiographer will compress each breast between two special x-ray plates. Some women find this can be a little uncomfortable but it only tends to last a few minutes.
- 3. Ultrasound Scan** – This is another test which uses sound waves instead of X-Rays. It will give the doctor different information from a Mammogram.
- 3. Core Biopsy** – A needle is inserted into the breast after using local anaesthetic to freeze the area. Samples of breast tissue are then removed and sent to the laboratory for examination. The result of this test will NOT be available on the day as it takes longer to process. You will usually be seen to discuss the results a week later unless you make other arrangements with your breast clinician.

A Breast Care Nurse Specialist is available to offer advice and support where necessary.

The Breast Awareness 5- point code:

- 1.** Know what is normal for you
- 2.** Know what changes to look and feel for
- 3.** Look and feel
- 4.** Report any changes to your GP without delay
- 5.** Attend routine breast screening if you are aged 50 or over