It can take a while to have the tests done, and then get the results of the mammogram, the ultrasound and the biopsy. You may find therefore that your clinic visit may last up to 3 hours.

**WHAT HAPPENS NEXT?**

When the doctor has the results of all your tests, she will probably be able to give you a diagnosis. She will explain what is wrong and discuss with you any treatment that you may need. Remember many people will *not* need any treatment at all.

You may, however, wish to bring along a friend or relative to help you with any questions you may want to ask. Apart from the doctor, there are other staff at the clinic eg the Breast Care Nurses who can also help you with your questions.

If you require a further appointment or treatment this will be arranged for you at the clinic before you leave.

If you are anxious about coming to the clinic or would like more information about it please telephone:

Cathy Brown  
Breast Care Clinical Nurse Specialist  
Telephone: 01387 241489  
Evenings and weekends: 01387 246 246 and ask to speak to the person in charge of Ward 6

Some ladies may feel uncomfortable seeing a male doctor when at the clinic, if this is the case please feel free to mention this when you check in at the clinic.

Reviewer: C Brown, DGRI  
Review Date: April 2013
COMING TO THE BREAST CLINIC:

Developing a breast problem can be very worrying, so to keep this anxious time as short as possible, the doctors will try to give you a diagnosis and make arrangements for any necessary treatment on this one visit to the Breast Clinic. Occasionally, however, a second visit may be necessary.

You may find the following information helpful.

If you have a disability and may require extra help when at the clinic please telephone Cathy Brown before your appointment so that help can be made available for you.

Please come to Bay 2 in the Outpatients Department at your appointment time.

The Clinic Nurse will show you to the consulting room where you will see a Consultant that specialises in breast problems, or one of her colleagues.

After listening to your description of what is worrying you, the doctor will ask you questions about your general health and other matters related to your breast problem, eg if you are taking hormone medication or questions about your menstrual cycle.

They will then carry out a medical examination, which involves looking at and feeling your breast. You will need to undress to the waist so try to wear something that is comfortable and easy to remove.

OTHER INVESTIGATIONS:

For some women, special tests may be required. This will help the doctors to make a definite decision about your condition. These may include the following:

A Mammogram:
A mammogram is an examination of the breast using x-rays. Each breast is pressed firmly between two plastic plates to get the best possible picture. Some women find this procedure uncomfortable but this only lasts for a few minutes. Please do not wear any talcum powder because this makes the x-ray picture less clear.

An Ultrasound Test:
This is painless and also takes just a few minutes. The test uses sound waves to make a picture of the inside of your breast. It is often used for women under the age of 35 years, or to see if a lump is solid or if it contains fluid (a cyst). A special gel is spread onto your breasts and when a small device is moved over the breast it produces a picture on a small screen.

A Cyst Drainage:
Some breast lumps contain fluid which can be drained very simply using a small needle and syringe. This is usually done by a radiologist using the ultrasound machine to guide her to the cyst. The drained fluid will usually be discarded but sometimes it is sent to the laboratory to see if it contains any abnormal cells.

A Tru-cut Biopsy:
If you have a solid lump you may need a biopsy. The doctor will give you a local anaesthetic and will then take some small samples of tissue from your breast. These will then be sent to the laboratory to see what the lump is. The result is often available within thirty minutes however sometimes it is not possible to process the samples on the same day and we may have to make arrangements to see you again or telephone you with the results.

Remember most people will not need to have all of the tests described above.