

## Breast Care Service

# Breast Care Service: What happens at our Breast Clinics?

### Normal breast changes

Throughout our lives our breasts change:

- In adolescence
- During the menstrual cycle
- During pregnancy and breast feeding
- On into the menopause

**Most breast changes are not due to cancer.** Your GP will have referred you to our Breast Clinic because of a change in your breasts.

### What can you expect at our Clinic?

You may be seen either by a Consultant, a Doctor or an Advanced Clinical Practitioner, who will talk to you about your breast change and any family history of breast problems. You will be asked to give a brief medical history, and inform them of any medication you are presently taking.

Your breasts will be examined and it may be suggested to carry out tests to help find the cause of your breast change.

### Can I bring someone with me?

You are welcome to bring your husband, partner or friend with you.



## Patient Information

### **How long will the appointment take?**

Your visit to the Breast Clinic can take approximately 2 hours. This may be prolonged due to urgent or increased referrals causing delays in the clinics. Please talk to the clinic staff if you have any concerns.

### **The tests we may carry out**

#### **FNA (Fine Needle Aspiration)**

The doctor will aspirate (draw from the body) some cells from the problem area with a fine needle. If your problem is a fluid filled cyst, the fluid can be withdrawn at this point. This procedure may cause some discomfort and a small amount of bruising.

#### **Mammogram**

This is an X-ray of the breast. Most women may find this a little uncomfortable. This may be performed either on the same day or at a later date.

#### **Ultrasound Scan**

This looks at the breast tissue in a different way. A common test used mainly for younger women. It is similar to the ultrasound used to look at the baby in pregnancy and is painless.

#### **Needle Biopsy**

This involves taking a sample of tissue from the area of examination. This procedure may cause some discomfort and a small amount of bruising.

If you are taking any anticoagulant or platelet therapy (blood thinning medication), please bring details with you and inform the clinic on arrival. Warfarin patients will be required to have an INR test before any biopsy is done.

While some of these tests can be uncomfortable, every effort is made to minimise any discomfort or distress that may be caused. It is possible that you may not require any of these tests.

## Patient Information

### **Your results**

You may be asked to return to the clinic in one to two weeks to discuss your results. You are welcome to bring your partner, a friend or relative with you to this clinic.

### **Who will you meet?**

#### **The Clinic Nurse**

They understand the level of anxiety caused by coming to the clinic. They will try to keep you informed with clear and concise information at all times.

#### **The Consultant Surgeons**

Mrs McEvoy

Mr Robertson

Mr Sait

Mr Khan

Mr Al-Omishy (Associate Specialist)

These surgeons have a specialist interest and expertise in the management of breast problems.

### **Remember! Look for changes and Feel for changes.**

Get to know what is normal for you so that if there is a change, you will be quick to notice and seek advice from your GP.

**Remember, most breast changes are not due to cancer.**

**Play safe, be aware and seek advice if you are worried.**

**You will never be wasting anybody's time.**

## Patient Information

If you require any further information or advice after reading this leaflet, contact the Surgical Breast Care Nurses:

Tel: 024 7696 7089

UHCW NHS Trust  
Breast Screening Unit  
Ground-Floor – West Wing  
Clifford Bridge Road  
Coventry CV2 2DX

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact us on 024 7696 7200 and we will do our best to meet your needs.

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To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

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