

Breast Care Service

Our Breast Clinics

Your GP will have referred you to our Breast Clinic because of a change in your breasts.

Most breast changes are not due to cancer. Throughout our lives, our breasts change:

- in adolescence
- during the menstrual cycle
- during pregnancy and breast feeding
- during the menopause

At our clinic

You may be seen by a consultant, a doctor or an advanced clinical practitioner. They'll talk to you about your breast change and any family history of breast problems. They'll ask you to give a brief medical history and inform them of any medicines you are taking.

The consultant, a doctor or an advanced clinical practitioner will then examine your breasts. They may suggest tests to help find the cause of your breast change. You are welcome to bring your husband, partner or friend with you.

Your visit to the Breast Clinic can take about 2 hours. This may be prolonged due to urgent or increased referrals which can cause delays. Talk to the clinic staff if you have any concerns.



Patient Information

Tests

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

Fine needle aspiration (FNA)

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If your problem is a fluid filled cyst, the fluid can be withdrawn at this point.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. We may perform the mammogram 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 like 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.

Results

You may be asked to return to the clinic to discuss your results at a later date. 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 always informed with clear and concise information.

Consultant Surgeon

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

Things to 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.

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.

If you would like more information or advice after reading this leaflet, contact the Surgical Breast Care Nurses on 024 7696 7089.

UHCW NHS Trust

Breast Screening Unit

Ground Floor, West Wing

Clifford Bridge Road

Coventry

CV2 2DX

Patient Information

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.

The Trust operates a smoke-free policy.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback



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