

At the end of the visit

If you have had a biopsy taken during your visit, it is likely that you will be seen by a doctor and Breast Care Nurse. You will be given an appointment to come back for the results.

In the majority of ladies these tests will have provided all the information necessary to conclude your assessment visit. Most ladies that have these further checks can be reassured that their breasts are normal.

We will answer all of your questions before you leave the clinic.

Please make sure you ask everything that you want to.

Standards of Service

Our aims are that:

- You will be given a prompt appointment on receipt of your referral.
- You will be seen within 30 minutes of your appointment time.
- You will receive results of any tests performed within 7 to 10 working days, dependant upon the type of test.

Please feedback to the clinic team, including the volunteer staff, any positive aspects of your visit today. Please also tell us if there are areas that we can improve on.

For further information

Following the consultation you may have further questions you want to ask.

The nurse will be available to answer them and can be contacted anytime later.

A helpline is also available. Please feel free to call **before** or **after** your appointment and leave a message on the answer machine.

Contact details

Lincoln Breast Unit: 01522 537662

Boston Breast Unit: 01205 445998

Grantham Breast Unit: 01476 593945

Email: breastteam.grantham@ulh.nhs.uk

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk
 The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please e-mail the Patient Information team at patient.information@ulh.nhs.uk

BREAST ASSESSMENT CLINIC

Breast Care Services

New Appointments: 01522 573200

Outpatient.appointments@ulh.nhs.uk

Breast Screening: 01522 573999

www.ulh.nhs.uk

Where to find us

You have been given an appointment at the Breast Assessment Clinic. This leaflet explains what will happen when you come to see us. The appointment may take up to 1½ hours. Please be prepared for this.

Lincoln Site
Breast Unit: 4th Floor Maternity Unit

Boston Site
Breast Unit: near to x-ray

Please remember to bring change for the car park.

Who to contact

If your GP has referred you, please contact the Breast Care Nurses for advice. See reverse of leaflet for numbers.

If you have been recalled back following a screening mammogram there is a dedicated number on your appointment letter that you can call for further information regarding why you have been sent this appointment.

What to wear

We suggest wearing a top that is easy to remove for the examination/procedure.

On arrival

Please hand your appointment letter to the receptionist. If you feel you want to bring a friend or relative, please do so but seating space is limited.

Who we are

Clinical team

There are several members of the breast team that you may be seen by.

These include:

- * Consultant Breast Surgeons
- * Speciality Doctors
- * Advanced Nurse Practitioner
- * Consultant Breast Radiologists
- * Consultant Mammographers
- * Mammographers
- * Assistant Practitioners
- * Breast Care Nurses
- * Clinic Nurses
- * Health Care Support Workers

What happens next

Clinical examination

If your GP has referred you to the clinic you will be seen first by a clinician who will take a medical history, review your completed breast assessment sheet and examine your breasts and under your arms. You will be asked to remove your upper clothing and put on a cape prior to the examination. We may then request further tests depending on the history and examination findings.

If you have been called back following a recent Breast Screening Mammogram you will first be taken through to see a member of the imaging team. They will explain the reason for your recall appointment and the further tests that may be carried out that day. You may also be examined by a doctor or nurse.

What happens

Further tests

- **Mammogram**

An x-ray of the breast which can be uncomfortable but not painful. Please do not use deodorant or talc under the arm, as this can affect the x-rays taken.

- **Ultrasound**

A painless method of visualising the breast using sound waves.

- **Fine needle aspiration**

A sample of cells are taken from the breast using a needle and syringe, similar to having a blood test.

- **Core biopsy**

A sample of tissue is taken from the breast following a local anaesthetic. This is likely to be done under x-ray guidance; using either the ultrasound machine or the mammogram machine. You may also have a vacuum assisted biopsy which uses a specialist technique to remove larger tissue samples.

You can return to work following the procedure but we advise no heavy lifting for 24 hours.