



Isle of Wight
NHS Trust

Patient Information Leaflet

Breast Clinic Appointment Following Referral from Your GP

Produced by:

Breast Screening Unit & Breast Care Nurses

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SMOKEFREE
Isle of Wight

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If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, опитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টলেফি এন ইংরেজি কথা কটে জিজ্ঞাসা করুন এবং সাহায্য করুন

Your GP has referred you to the breast clinic for further investigation. The majority of people who have a concern with their breasts do not have cancer. If a breast cancer is detected early there is an excellent chance of making a full recovery.

During your appointment you will be seen by both male and female staff. Chaperones are available in both the Breast Screening Unit and Outpatients Department.

Please allow up to 3 hours for this appointment.

Your appointment may be in two stages

If required, we will aim to carry out both stages on the same day. Sometimes this will not be possible and the appointment may need to be spread over different days.

Stage 1 – You will be seen by the Breast Consultant or one of his/her team in the main outpatient department. Your breasts may be examined and assessed for any changes. The doctors will ask you about your past medical history. They will discuss your concerns and arrange any imaging or investigations that are indicated from your clinical history. Not all patients need further investigation. This appointment will be in the outpatient department.

Stage 2 – For those requiring breast imaging this will be carried out in the Breast Screening Unit. Here investigations will be carried out in order to find out what is causing the concern as indicated by Breast Consultant Team at stage 1. This can include any of the following:

Mammogram: This is an x-ray of your breasts and involves the breast being positioned and compressed to provide a good quality image of your breast tissue. Most people find it painless however, some discomfort can be experienced. The Radiographers will make this as comfortable and dignified as possible.

Ultrasound: This is carried out by a Consultant Radiologist (specialist doctor). It involves some gel being put on your breast, an instrument which produces and detects sound waves is passed over your skin to give an image of your breast tissue.

Fine needle aspiration: This is a test in which some cells are removed from your breast using a fine needle. The Radiologist uses the ultrasound machine to help him/her to guide the needle to the required area of concern. The cell sample will be sent to laboratory to be examined under the microscope. You may experience some bruising afterwards.

Core biopsy: This is similar to a fine needle aspiration. The ultrasound or mammogram machine is used to guide the Radiologist to the exact area to be biopsied. Local anaesthetic is given to numb the area and make the procedure more comfortable and a small piece of breast tissue is removed using a special needle. Some bruising may occur up to a week after the procedure.

Results

Generally you will be given the clinical results on the day however the laboratory tests will take a few days to be available. If this is the case a further appointment will be made for you to come back to discuss the overall results normally the following week.

If you would like to see a Breast Care Nurse please let the receptionist or a member of staff know.

You are welcome to bring a partner, relative or friend with you to your appointment.

Useful contacts

Breast Screening Unit

Telephone: **01983 534560**

Breast Care Nurses

Telephone: **01983 534562**

An answer phone is in use on both numbers. Any messages will be dealt with at the earliest opportunity or the following working day.

Access to Health Records

As a patient undergoing tests as part of a diagnostic procedure, information about you may be accessed by other healthcare professionals. It is normal practice in these circumstances for your consent to be implied as part of your agreement to have the test or tests performed.

Accidental over exposure of radiation

Despite all safeguards, medical exposures can occur where the actual dose is greater than was intended. The regulations governing these exposures are either IR(ME)R 2000 or IRR 99.

In the event of an over exposure the incident will be reported to the Radiation Protection Advisor. It will be down to the discretion of the RPA as to whether there is a clinical requirement to inform any patient of an overexposure.

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If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.