



Breast Rapid Diagnosis Clinic

You have been referred to the BREAST RAPID DIAGNOSIS CLINIC by your GP because of a concern in the area of your breast. This leaflet explains what will happen when you attend this clinic.

What is the Breast Rapid Diagnosis Clinic?

It is a clinic that provides prompt consultations, scans, and tests for breast concerns. These clinics are currently held in Outpatients 1 in South Block (Level 2) at the Royal Berkshire Hospital, and in the Outpatients Department at West Berkshire Community Hospital, Thatcham. The clinics are led by nurse practitioners and physician associates, who are highly qualified members of the breast team.

The majority of people referred to this clinic can be reassured that their breast problem is not serious and will be discharged back to the care of their GP.

You may find it helpful to bring a friend or relative with you but space within the clinic can be limited. Please note that we do not have childcare facilities within the clinic or hospital so please make alternative arrangements if you have children.

General information before your appointment

- Please ensure that you arrive in time for your appointment. If you are late, you may not be seen and may be advised to rebook your appointment for another day.
- Parking is particularly problematic in and around the hospital. Advice for parking and public transport can be found here: <https://www.royalberkshire.nhs.uk/our-locations/royal-berkshire-hospital>
- If an interpreter was arranged for you when your appointment was booked, please inform the receptionist of this on your arrival.
- ***Please plan in advance for your visit to take most of the morning.*** The time you will stay will depend on which tests you may need, and what the findings are. Not all patients will need to stay the entire morning but it is advisable to allocate sufficient time (up to 4 hours), just in case.
- Please wear clothing that you can remove quickly and easily. Please do not wear spray deodorant or talc as it may affect the quality of breast x-rays (mammogram), should you need one.
- The Royal Berkshire Hospital (RBH) is a teaching hospital and so there may be a student present at your appointment. If you do not want them present or if you would like a chaperone to be present, please inform us at the earliest opportunity on your arrival to the breast clinic.

What happens in the clinic?

- You will be seen by a breast clinician, who will listen to the concerns that you have about your breast(s). They will ask questions to clarify the concern and will examine your breasts. In some cases, this will be sufficient to make a diagnosis without the need for further tests. If this is the case, the breast clinician will explain the diagnosis and offer advice to manage your concern. Written information will follow by letter.
- In other cases, the breast clinician may recommend further tests such as breast imaging (mammogram / ultrasound), and / or biopsy in order to reach a diagnosis. These will be discussed with you.
- Please note that not all tests can be done on the same day as your clinic visit, and you may be asked to return for these on a different day.
- For same day imaging tests at RBH you will be directed to the Radiology Department, which is also on level 2, approximately 200m north from the Outpatient Department. If you have mobility problems, a buggy service is available to transport you; this can be arranged at clinic reception.

What happens in the Radiology Department?

- Radiology reception will direct you to the appropriate waiting area.
- The imaging tests performed will depend upon your age and breast symptoms and will be discussed with you. Please note for this reason you may not be seen in the order in which you arrive in the department.

Tests performed in the Radiology Department include the following:

- A **mammogram** (x-ray) of the breast tissue.
- An **ultrasound scan** which uses sound waves (as used in pregnancy) to build up a picture of the breast tissue.
- A **biopsy** is a procedure where a special needle is used to remove a tiny sample of breast tissue under local anaesthetic that is then sent to the laboratory for analysis.

Mammograms are performed by breast radiographers (mammographers) and interpreted (read) by a consultant breast radiologist or consultant radiographer. The same consultant will perform ultrasound and biopsy tests, where required.

The waiting time in Radiology will depend upon the tests needed but, combined with your clinic visit, can take most of the morning, so please plan for this in advance of your visit.

This link will explain a little more about the types of tests that you might have during your clinic visit, including mammograms, ultrasound scans, and different types of biopsies

<https://breastcancernow.org/download-and-order-publications/your-breast-clinic-appointment-bcc70>

When will I get my results?

- If no tests are required, the breast clinician will explain your diagnosis and discharge you from the clinic immediately, with advice to manage your symptoms. You will receive a letter that documents your consultation, usually within the next 1-2 weeks.
- If imaging tests are performed, the consultant radiologist or radiographer will discuss the

findings with you and will advise you on what to do next. Some patients will be able to go home directly from Radiology; others will need to return to the Outpatient Department.

- If your imaging tests in Radiology are done on a different day to your clinic appointment, you will go home directly from the Radiology Department. The consultant radiologist or radiographer will discuss the imaging findings with you.

Getting your biopsy results

- If you have a biopsy, we will arrange for you to receive your biopsy results as soon as possible. We aim for this to be within 1 week, but the process can take longer so please understand if your follow-up appointment may be more than 1 week later.
- The biopsy results will be discussed either by telephone or face-to-face in an outpatient clinic. The appointment will be arranged for you by the administrative team, who will call you with the appointment details.
- If your follow-up appointment is by telephone, please note that due to the way the Tuesday telephone clinics are run, you may not receive a call at your designated appointment time.
Please be prepared to receive a call any time between 8.30am and 3pm.
- In some cases, we may need to change your telephone appointment to a face-to-face appointment at the hospital, often at short notice. In these instances, you will be contacted by a member of the administrative team, who will arrange a date and time for you to attend clinic.

Please note that the administrative team are not medically qualified and cannot give results over the phone. The results can only be discussed during the given appointment time.

How to contact us

We are committed to maintaining a high standard of service and clinical care. If you would like to leave any feedback regarding your experience of any aspect of your Breast Clinic appointment, we would encourage you to do so. You can contact us at:

Clinical Admin Team (CAT 3): 0118 322 6890. Email: rbb-tr.cat3@nhs.net

Patient Advice & Liaison Team (PALS) on: 0118 322 8338 or email: rbb-tr.PALS@nhs.net.

Or please speak to a member of staff in the clinic. If you would rather talk to a senior member of staff, ask to speak to the ward/departmental manager or matron.

More information

If you have any questions about the procedure or this information, please speak to your doctor or nurse.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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