

Breast Rapid Diagnosis Clinic

You have been referred to the Breast Rapid Diagnosis Clinic by your GP because of a problem in and / or around the area of your breast. This leaflet explains what will happen when you attend this clinic.

This clinic is currently held in Outpatients 1 in South Block at the Royal Berkshire Hospital. Clinics are Monday-Friday mornings and Wednesday afternoons.

What to expect in your clinic appointment

- Please plan in advance to be in the clinic for most of the morning. The time you stay will depend on our findings and which tests may be needed. Not all patients will need to stay the entire morning but it is advisable to allocate sufficient time, just in case.
- On arrival to clinic all patients will be given a questionnaire. If you have attended a breast clinic here before, please let reception know, as you will not need to complete a further questionnaire. Please complete this before seeing one of the members of the breast team, as it forms part of your breast medical history profile.
- If it is your first visit to the clinic, one of the breast team will take a detailed history from you. After this, one of the breast team will examine you. This may be a doctor (consultant or registrar) or a nurse practitioner or a physician associate.
- If, during your examination, we find a lump or lumps, a fine needle aspiration biopsy may well be carried out. This procedure takes about 30 seconds or perhaps a little longer. The aim of this test is to find out whether you have a cyst. If it is a cyst, we may be able to remove the fluid and the lump may disappear. Alternatively, if it is a solid lump, we can remove some cells from the lump and arrange for them to be looked at under the microscope in the laboratory. Sometimes, this test is undertaken in the X-ray Department (Radiology).
- If the lump is found to be normal / benign (non-worrying), we will write to you with the result.
- If the needle test indicates that there are some abnormalities, then we will arrange for other investigations to be done at a later date.
- Not all needle results are available on the same day.

Further investigations

- We will arrange a mammogram (if you are 40 years and above) or an ultrasound scan (if you are under 40 years), if your initial assessment indicates you need further investigations. Not all patients attending the breast clinic will need imaging. We aim to do most imaging on the same day in the X-ray Department, but this is not always possible and some patients may need to return for a subsequent visit.
- If imaging is done on the same day and the results are normal / benign, you may be advised you can go home from the X-ray Department without returning to clinic.
- You will receive a clinic letter summarising your visit. If imaging shows an abnormality, you may have a biopsy and / or needle test in the X-ray Department, and may return to clinic immediately after your scan to go through what happens next.

Core biopsy

- If necessary, core biopsies may be taken in the clinic or in the X-ray department while you have your mammogram or ultrasound.
A core biopsy is a needle test taken under local anaesthetic (you are awake but numb) where small pieces of tissue are removed from the lump (not just cells as in the fine needle aspiration biopsy). These are sent to the pathology laboratory for processing and examination under the microscope, and it takes about a week for the result to become available.
- Results of this biopsy / needle test may be given via a telephone appointment or a further clinic appointment, and you will be advised which is most appropriate for you.
- In some cases, we may need to change your telephone appointment to a face-to-face appointment at the hospital. 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 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 10am and 3pm.**

Contact us

Clinical Admin Team (CAT 3): 0118 322 6890. Email: CAT3@royalberkshire.nhs.uk

If you have any problems regarding your care or treatment at this hospital, please 'Talk to us'. Your feedback will help us to improve and develop our service. Please speak to a member of staff in the clinic or on the ward or if you would rather talk to a senior member of staff, ask to speak to the ward/departmental manager or matron.

You can also speak to the Patient Advice & Liaison Team (PALS) on: 0118 322 8338 or email: PALS@royalberkshire.nhs.uk.

Breast Surgical Team

- Consultant Surgeon: Miss N Dunne
- Consultant Surgeon: Mr B Smith
- Staff Grade Surgeon: Dr Susie Connolly
- Associate Specialist: Dr Elaine Hyett
- Physician Associate: Susanne Theis
- Advanced Nurse Practitioners: Carol Lister, Vanessa Burridge, Nicky Woodrow
- Breast Clinical Nurse Specialists: Fiona Ellison, Sarah Cleaver, Maxine Halford; Daniela Costescu; Vanesa Lobo Gallego

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.

Breast Unit, Department of Surgery, June 2021. Next review due: June 2023