

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.

Currently this clinic is held on a Wednesday morning in Outpatients 1 in South Block at the Royal Berkshire Hospital.

Please plan in advance to be in the clinic for most of the morning. This is dependant on our findings and which tests we may need to undertake. Obviously not all patients will need to stay for all of the morning but it is advisable to allocate sufficient time.

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.

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.

If the lump is found to be innocent, we will arrange for you to come back at the end of clinic for the results of the needle test, or we will write to you with the result.

If the needle test indicates that the lump may not be innocent, then we will arrange for other investigations to be done at a later date.

Sometimes, a follow-up appointment is made in 6-8 weeks.

Occasionally, we may also repeat the needle test at the end of clinic before arranging these tests.

Occasionally, we may arrange a mammogram (if you are 40 years and above) or an ultrasound (if you are under 40 years) on the same day but this is the clinician's decision and these further investigations may be undertaken on a subsequent visit.

If the lump is of an uncertain nature and we are not so sure that the lump is innocent, following your needle test we will arrange for you to attend the X-ray Department for a mammogram

and/or ultrasound scan. You will return later to the clinic for the results of these, together with the results of the needle test.

Patients who have a core biopsy: Core biopsies may be taken at the same time as the fine needle aspiration, in which case you may be asked to return one week later for your results. Alternatively, a core biopsy may be carried out once the results of the mammogram, ultrasound scan and needle test have become available at the end of clinic or during your visit to X-ray whilst attending for mammograms or ultrasounds. For the result of this, you will need to come back the following week.

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 a week for the result to become available.

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. Or speak to the Patient Relations Team on: 0118 322 8338 or email: talktous@royalberkshire.nhs.uk.

Consultant surgeons

Mr HN Umeh Miss N Dunne

Mr B Smith

Staff Grade Dr Susie Connolly

Associate Specialist Dr Elaine Hyett

Nurse Practitioners: Carol Lister, Vanessa Burridge, Nicky Woodrow: 0118 322 8672 / 7895

Breast Clinical Nurse Specialists: Fiona Ellison, Sarah Cleaver, Maxine Halford: Daniela Costescu; Vanesa Lobo Gallego 0118 322 7420

More information

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

For more information about the Trust visit our website www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

Breast Care Clinic, December 2005

Reviewed: September 2018

Review due: September 2020