

## **Patient Information Rapid Access and Diagnostic Breast Clinic**

### **Breast Unit**

Your GP has referred you to the Royal Gwent Breast Clinic. This leaflet aims to provide you with information about what happens at the clinic, and to explain some of the investigations that may be undertaken.

### **What happens at the Breast Clinic?**

To assist the specialist in diagnosing your problem he will take your medical history before examining both your breasts. The examination includes feeling under your arms. The specialist may arrange one or more tests to help decide whether the breast lump or abnormality is benign (not cancer) or malignant (cancerous). These tests will be performed during your visit.

### **How long will I be at the clinic?**

The tests take a variable amount of time. Until you have been examined by the specialist we do not know how long you will be in the clinic. Please be prepared to wait for certain tests. You could be at the clinic for several hours; however, we will make every effort to ensure that waiting is kept to a minimum. We will keep you informed of what is happening.

### **What tests may be done during my visit?**

The following tests may be done:-

#### **● Mammogram**

A mammogram is an x-ray which examines your breasts. X-ray films are taken of each breast in turn. Your breast is placed between two plates and gentle pressure applied. Some women find this test uncomfortable but each x-ray taken should last no longer than a minute

or two. The x-ray dose is minimal. We will be able to tell you the result of the mammogram in clinic.

To reduce the amount of time you wait in clinic you may be asked to come to the hospital for mammography a few days before your clinic appointment. Please read your appointment times carefully.

- **Breast Ultrasound**

This test is painless. A special gel is spread over the breast and a small device, which emits sound waves, is moved gently over the breast. The sound waves are converted into a visual image showing the inside of the breast. We will be able to tell you the result of the ultrasound in clinic.

- **Needle Core Biopsy**

This procedure uses a larger needle to obtain tissue from the area requiring biopsy. A local anaesthetic will be given to numb the area of the breast where the biopsy is to be done. The procedure may be performed using the ultrasound equipment to guide the specialist to the area. The sample will be sent for analysis and the result will be available in a few days. You will be able to go home after the procedure. Your breast may ache and may be bruised later. You may take simple painkillers if needed.

- **Fine Needle Aspiration (FNA)**

FNA is a biopsy done by a specialist who draws off a few cells or fluid from the breast lump using a syringe with a fine needle. This is a simple procedure that may cause little discomfort. When a lump or area is not easily felt within the breast the FNA is done using the ultrasound or mammography equipment to guide the needle to the area. The sample obtained will be sent to the laboratory for analysis and the result will be available in a few days. You will be able to go home after the procedure. Your breast may ache and may be bruised later. You may take simple painkillers if needed.

## **When will I get the diagnosis?**

You will have an opportunity to discuss your problem with the specialist before you leave the clinic. When biopsies have been taken we will ask you to return to the clinic the following Monday to have the results and to discuss things further with the specialist. A specialist breast care

nurse will be available to give you any additional information, advice and support that you may require.

### **Who are the Royal Gwent Hospital Breast Care Team?**

Consultant Surgeons	Mr Christopher Gateley Mr Michael Rees	Mr Philip Holland
Radiologists	Dr Nest Evans	Dr Khulood Al-Rawi
Consultant Radiographer	Helena Hammett	
Lead Breast Nurse Specialist	Louise Davidson	
Breast Care Nurses	Sarah Hacker	Linda Morris

### **Who are the Nevill Hall Hospital Breast Care Team?**

Consultant Surgeons	Mr Kelvin Gomez	Miss Valentina Lefemine
Radiologists	Dr Karene Arete Lim	
Clinical Nurse Specialists	Michelle Chamberlain	Natalie Jones
Breast Care Nurse	Caroline Stanger	

### **Where can I get advice before my clinic appointment?**

If you have any further questions before your clinic appointment, please contact the Breast Care Nurse Specialists at the:-

**Royal Gwent Hospital on:- 01633 234121**

**or**

**Nevill Hall Hospital on:- 01873 732524**

**“This document is available in Welsh /  
Mae’r ddogfen hon ar gael yn Gymraeg”.**