

# Breast Assessment Clinic

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**OUTSTANDING CARE**  
*personally* DELIVERED

## Where to find us

You have been given an appointment at the Breast Assessment Clinic. This patient information explains what will happen when you come to see us. The appointment may take up to 4 hours. Please be prepared for this.

Lincoln site - Symptomatic clinic and Breast Screening assessment clinic:

Breast Unit, Maternity Wing Corridor

Boston site - Symptomatic clinic:

Breast Unit, near to X-ray

Please remember to bring change for the car park.

## Who to contact

If your GP has referred you, please contact the Breast Care Nurses for advice on the telephone numbers listed on page 4 of this patient information.

## What to wear

We suggest wearing a top that is easy to remove for the examination/procedure.

## On arrival

Please hand your appointment letter to the receptionist. If you feel that you want to bring a friend or relative, please do so, however, seating space is limited.

## Who we are

### **Clinical Team**

There are several members of the breast team that you may be seen by. These include:

- Consultant Breast Surgeons
- Speciality Doctors
- Advanced Nurse Practitioner (ANP)
- Consultant Breast Radiologists
- Consultant Mammographers

- Mammographers
- Assistant Practitioners
- Breast Care Nurses
- Clinic Nurses
- Health Care Support Workers

## What happens next - Clinical Examination

If your GP has referred you to the clinic you will be seen first by a clinician who will take a medical history, review your completed breast assessment sheet and examine your breasts and under your arms. You will be asked to remove your upper clothing and put on a cape prior to the examination.

We may then request further tests depending on the history and examination findings.

## What Happens - Further Tests

- **Mammogram**  
An x-ray of the breast which can be uncomfortable but not painful. Please do not use deodorant or talc under the arms, as this can affect the x-rays taken.
- **Ultrasound**  
A painless method of visualizing the breast using sound waves.
- **Core Biopsy**  
A sample of tissue is taken from the breast following a local anaesthetic. This is likely to be done under imaging guidance using either the ultrasound machine or the mammogram machine.

You can return to work following the procedure but we advise no heavy lifting for 24 hours.

## At the end of the visit

If you have had a biopsy taken during your visit, it is likely that you will be seen by a doctor/ANP and Breast Care Nurse. You will be given an appointment to come back for the results.

In the majority of cases these tests will have provided all the information necessary to conclude your assessment visit. On most occasions, following these further checks, you can be reassured that your breasts are normal.

We will answer all of your questions before you leave the clinic. Please make sure you ask everything that you want to.

## Standards of Service

Our aims are that:

- You will be given a prompt appointment on receipt of your referral.
- You will be seen within 30 minutes of your appointment time.
- You will receive results of any tests performed within 7 to 10 working days, dependant upon the type of test.

Please feedback to the clinic team, including the volunteer staff, any positive aspects of your visit today. Please also tell us if there are areas that we can improve on.

## For further information

Following the consultation you may have further questions you want to ask.

The nurse will be available to answer them and can be contacted anytime later.

A help-line is also available. Please feel free to call **before** or **after** your appointment and leave a message on the answer machine.

## Contact details

Lincoln Breast Unit: 01522 537662

Boston Breast Unit: 01205 445998

Breast Care Nurses: 01522 307627

New Appointments: 01522 573200

Outpatient.appointments@ulh.nhs.uk

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