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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

**Ashford Hospital**  
London Road  
Ashford, Middlesex  
TW15 3AA  
Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
Chertsey, Surrey  
KT16 0PZ.  
Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

# Welcome To The Breast Clinic

## The Breast Unit



## FURTHER INFORMATION

### Telephone numbers of Breast Unit:-

Secretarial Office at Ashford      **01784 884607**

Secretarial Office at St. Peter's      **01932 722311**

### Telephone numbers of Specialist Breast Care Nurses:-

Ashford Hospital      **01784 884411**

St. Peter's Hospital      **01932 722771**

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### Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you still remain concerned please contact our Complaints Manager on 01932 722612 or email [complaints@asph.nhs.uk](mailto:complaints@asph.nhs.uk).

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We may be able to provide some preliminary results, but your biopsy results will be given to you at your next appointment, usually within a week. We appreciate that this waiting period can be an anxious time for you and it may help to talk about your worries with a Specialist Breast Care Nurse who can give you advice and support during this difficult time. We recommend that you bring a relative or a friend when you come back for your test results.

You will be offered information leaflets regarding your particular condition. The Specialist Breast Care Nurse or the clinic nurse will ensure all your queries are satisfactorily answered. We hope that you will appreciate the quick service we are able to offer most of our patients.

## DISCHARGE INFORMATION

When you are discharged from the Breast Clinic, we hope you are happy and feel that you were well looked after by our team during your visits.

- If you had surgery, make sure that the result of the operation has been fully discussed with you.
- In case of delayed wound infection or any large swelling at the site of your operation, please contact the breast care nurses at either hospital.
- If you find a new lump or notice any new changes in your breasts, please arrange, via your GP, to return to the clinic.
- You must continue to be “**BREAST AWARE.**” Breast awareness leaflets are available in the clinic.

## INTRODUCTION

Thank you for choosing to come to Ashford and St. Peter’s Breast Unit. We endeavour to provide you with a satisfactory experience during your outpatient visit.

You have been referred by your GP to seek specialist advice or treatment for your particular breast problem. Included with this information leaflet is a **breast history questionnaire** that you will need to complete in before your scheduled appointment. During the consultation you are likely to see a breast consultant or a member of the breast team and the doctor will ask you additional questions relating to your history. The doctor will examine your breasts and feel for any enlarged lymph glands under your arms and at the base of your neck. At this point, the doctor will be able to give you an initial opinion about your breast complaint and arrange for any necessary tests that you need. Scheduling for these tests will be prioritised based on the clinical findings and the type of referral.

We operate a fast track breast clinic to provide rapid advice, diagnosis and treatment for anyone who may have urgent breast problems. If your appointment falls on our fast track clinic schedules, this means that you may have the necessary tests and receive some of the results on the same day as your first visit. However, there are occasions that this may not be possible and, in such cases, we will endeavour to arrange your tests as soon as possible.

Tests might include any of the following:

**MAMMOGRAM:** which is a low-dose x-ray of the breast tissue. You will be positioned so that your breast is placed on the x-ray machine and gently but firmly squashed (compressed) with a flat, clear, plastic plate.

Most women find this uncomfortable and for some women it is painful for a short time. You will need to stay still for less than a minute while a picture is taken. It is advisable to avoid using deodorant, perfume, powder or ointment on the breast or underarm area on the day of the mammogram as it may interfere with the reading.

**ULTRASOUND:** this uses sound waves to build up a picture of the breast tissue. The doctor will put gel on to the breast and gently rub a small microphone-like device over the affected area. The scan does not hurt. You will simply feel gentle pressure on the skin. There are no known side effects and the test only takes a few minutes.

**FINE NEEDLE ASPIRATION (FNA) CYTOLOGY:** this is a quick, simple procedure which can be done in the outpatient clinic or x-ray department under ultrasound guidance, particularly if the lump is small. Using a fine needle and syringe, the doctor takes a sample of cells from the breast lump and sends it to the laboratory for examination. A dry dressing is applied over the area and this can be removed when you get home.

**NEEDLE (CORE) BIOPSY:** this is a procedure often carried out in the x-ray department with the aid of an ultrasound scan. Under local anaesthetic, a little cut is made in the skin and the doctor uses a special biopsy needle to take a small piece of tissue from

the lump or abnormal area. Several biopsies are usually taken at the same time and the sample is then sent to the laboratory to be looked at by a pathologist (a doctor who is expert at diagnosing illness by looking at cells). A small dressing is applied over the area with a pressure dressing on top. You may remove this pressure dressing after 48 hours and the remaining dressing 2-3 days later.

The side effects of needle aspiration and biopsy are minimal, though you may experience any of the following:

- **Bruising**

The amount of bruising varies widely and may appear over the next few hours following the procedure. It may take one or two weeks to clear up. The pressure dressing and wearing a supportive bra day and night will help minimise the bruising.

- **Discomfort**

You may experience slight to moderate discomfort from bruising and at the needle site. This varies from person to person but it should not cause pain that would stop you from maintaining your usual daily activities. If you wish, you may take simple painkillers such as Paracetamol, but do avoid Aspirin and similar drugs such as Nurofen as these may worsen the bruising.

- **Infection**

Although we take care to prevent infection, there is a very small possibility that the area may become infected. Your breast may become red or feel hot and swollen. If this occurs or you are concerned about this area, please contact your GP.