

## What treatment might I need?

Patients attend this clinic with a variety of conditions and not all of these require treatment. The clinic team will inform you of your tests results and discuss any treatment which may be required.

Please be patient with us at the clinic today. We see a large number of people. Depending on what tests are required and the results of these some patients will be here longer than others.



South Eastern Health  
and Social Care Trust

If you would like to make any comments  
or suggestions about our service,  
please let us know.

**For further information contact:**

**Breast Care Nurse**

**Direct Line (028) 9055 0499**

**Welcome to the  
Breast Clinic**

**Specialist  
Breast Care Service**

South Eastern HSC Trust  
The Ulster Hospital  
Dundonald  
Belfast  
BT16 1RH  
Tel: (028) 9048 4511

This leaflet is available in large print

Designed by Communications Department

## Introduction

### Consultant Surgeons

Ms Lynn Darragh ChM FRCS

Miss Ruth Johnston FRCS

Mr Robert Kennedy MD FRCS

Mr Stephen Kirk MD FRCS

Welcome to the Ulster Hospital Breast Clinic. We know that you might be anxious today so this leaflet is to let you know what to expect.

## What will happen?

A nurse will call you through to an examination room. Usually you will be asked to remove all clothing from your upper body and given a hospital gown to wear.

In the examination room, the doctor will ask you to explain what problem has brought you to the clinic. It is useful for you to know how long your symptoms have been present, whether you have noticed any changes in that time and whether you have had any problems with your breasts before. It is also useful to know if you have ever had a mammogram, and when this was. You may be asked about your family history.

Please let us know if you are taking any medications. In particular we need to know if you are on medication that thins your blood.

The doctor will examine you. If you don't need any further tests this will be explained to you and you may be discharged.

If you require further tests these are usually carried out on the same day. Some patients need to come back on a different date to have all their tests completed.

### Depending on what tests you need your clinic visit may take up to

**4 hours.** Please let us know if you have to leave before all tests are completed and we will try to arrange a more suitable time.

## What tests are performed?

### Mammogram

A mammogram is an x-ray examination of your breast. The breast is placed between two plates and pressure applied. This can be uncomfortable. We would usually not recommend this test in patients under 40. It is important to tell us if you might be pregnant before having this test.

### Ultrasound Scan

An ultrasound scan is carried out by placing a gel onto your breast and passing a probe over this. This does not involve x-rays and can be carried out safely in pregnancy.

### Biopsy

A biopsy involves taking a sample of tissue from your breast. This can either be done by passing a small needle through the breast tissue (FNA) or by using local anaesthetic and taking a small section of tissue away (core biopsy).

## When will I get results?

Results of clinical examination, mammography, USS and FNA will be given to you today. The majority of patients leave the clinic with all of this information.

It can take 1-2 weeks to get results of some tests, for example core biopsy. You will be informed if you need to return on another day for test results.

Occasionally a further appointment is necessary for more specialised tests. A date for this will usually be given to you before you leave the clinic.