

Primrose Breast Care Centre Derriford Hospital

You have been referred to the Primrose Breast Care Centre for further assessment of your breast symptoms.

Transport – This appointment is for a one stop clinic – where clinical opinion and investigations are performed in the same appointment – therefore we advise our patients to allow at least **3 hours** in the department. **Please ensure you do allow this time for your return transport booking or car parking ticket.**

What to expect at the clinic: - a doctor experienced in diagnosing and treating breast problems will see you first. They will ask you for details of your symptoms. You may be asked to fill in a short form which includes questions about any family history of breast problems and any medication you are taking. This will be followed by a breast examination. You will be asked to undress to the waist. Both breasts are usually checked as are both your armpits to examine the lymph glands. You may then need to have further tests, these will usually include one or more of the following: -

Mammogram: - this is an x-ray of the breast tissue – you will again be asked to undress to the waist and stand in front of a mammography machine. Each breast will then be rested in turn between two x-ray plates, pictures will then be taken. Some women find this procedure uncomfortable but it only lasts a few seconds.

Ultrasound scan: - this procedure uses high frequency waves to produce an image of the breast. An ultrasound scan is painless and only takes a few minutes to do. You will again be asked to undress to the waist, lie on a couch with your arm above your head. Gel is spread over the breast and a scanning probe moved around the breast.

Core biopsy: - a core biopsy uses a large needle to obtain a sample of tissue, local anaesthetic is given to numb the area. The specialist may take several samples at the same time. The tissue samples are then sent to the laboratory where they are examined under the microscope to establish a diagnosis. This can take up to 14 days. You will be told how to care for your biopsy site by a member of staff, you may have some bruising after this procedure.

Getting your results: - Before you leave the clinic you will be advised by a member of the clinic staff how you will obtain your results. We are generally able to arrange these tests during clinic, if tests are needed your appointment may take up to 3 hours. A Breast Care Nurse is available throughout the clinic.

If you are unable to attend your appointment or need to reschedule could you please call the booking office on **01752 439936**

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