An introduction to our Breast Services – what to expect from your first appointment

Our services are based in the Breast Unit at Wycombe Hospital. Follow the signs to the Breast Unit from the front of the hospital. Opposite the Birthing Centre you will see the lift that takes you up to the unit.

What happens next?

The results of the aspiration and biopsy are not available on the same day as the test is performed. You will be given an appointment to return for the results in the breast clinic within two weeks.

If the doctor does not need to see you again, he will discharge you back to the care of your GP. The doctor will send a letter to your GP to inform him of your appointment outcome. A copy will also be sent to you for your information.

Who might I see?

Consultant Led Surgical team
Surgical Care practitioner
MacMillan Breast Care Nurse Team
Consultant Radiologist
Consultant Radiographer
Mammographers
Radiographic Assistants
Outpatient Clinic Nursing team

Our team of Macmillan Breast Care Nurses may be available should you wish to speak to them.

Further information and useful contact numbers

• Appointment enquiries 2 week wait office 01296 315588 or 315643
• Breast Unit enquiries 01494 425689
• Macmillan Breast Care Nurses 01494 426228

Your feedback on our service is always welcome. Please contact the Patients Advice Liaison Service (PALS) if you wish to comment on the service you have received and your experience during your visit to us. Phone 01494 425882
Email PALS@buckshealthcare.nhs.uk

How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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If you require an interpreter or need a document in another language, large print, Braille or audio version please ask for assistance.

www.buckshealthcare.nhs.uk
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Why have you been referred to us?

You will have been referred to our Breast Service because you or your GP are concerned about a breast lump, breast pain or other breast changes.

The Breast Service offers a fast track pathway and you should be prepared to be seen within 2 weeks from the time we receive your GP referral, and often short notice appointments are available.

We recognise that this can be a very stressful time for you and we recommend that you bring a relative or friend with you when you see the doctor. Please remember that the majority of patients attending this clinic do not have breast cancer.

What should you wear?
For examinations and tests you will be required to undress from the waist up. We would suggest that you wear separates on the day of your appointment to make this easier for you.

Our Breast Team
Our team of clinicians specialise in breast problems. There is usually a female clinician available. If you would prefer to be seen by a female clinician please let the Receptionist know on arrival.

The ‘One Stop’ Clinic
A one stop clinic allows any investigations required to be performed at one visit. With your imaging results needing to be available on the same day, this means that we cannot accurately know how long each person is going to be in the unit or how long you may have to wait between the different appointment stages. Your visit to clinic could take as long as **3 to 4 hours**

We have a vending machine, hot drinks and cold water are available. But you may wish to bring a snack and something to read. Please be aware unfortunately we cannot allow babies and children to accompany you.

How does it work?
When we receive your referral letter from your GP, we will assess your condition and allocate the appropriate pathway for you in the unit. We tailor the patient pathway to everyone individually depending on their symptoms, age, needs and previous history of breast disease. This means sometimes you will have your imaging first but others may see a surgical team member first.

Imaging and Tests
Whilst in the unit it is possible you may need some or all of the following imaging and tests. All of our Mammographers are female, and for any further tests a chaperone is present.

Mammogram - an x-ray of the breasts that can detect changes which cannot be felt. The breasts need to be compressed to perform this test. Some people find this uncomfortable although this should not be long lasting.

Ultrasound - a similar scan to ones performed when ladies are pregnant. Gel is applied to the breast and a ‘probe’ run over the skin surface. This does not contain any radiation.

Fine Needle Aspiration - a small needle test to remove a few cells from an area, this is sometimes performed with ultrasound guidance. It takes a few minutes and is usually no more painful than a blood test.

Core Biopsy - takes a small tissue sample from the area of concern. This is performed under local anaesthetic to numb the area and can sometimes be uncomfortable once the anaesthetic has worn off.