

Patient advice sheet

Extended Appointment Time Clinic

Your appointment

You have been offered an appointment at our extended appointment time clinic as this type of clinic is tailored to your needs.

The extended appointment times mean that there is less pressure to complete the examination without rushing.

For those of you with mobility issues or who find difficulty in climbing stairs there is access to the mobile screening unit by means of a lift.

What should you wear?

We suggest that you wear separates on the day of your appointment as it may be easier for you to undress.

How long will the appointment take?

You should allow approximately 45 minutes for this appointment.

Other things you should know!

- If your appointment is at one of our mobile units, please ring the bell to the right of the raised platform when you arrive if you need to access the lift.
- Motorised mobility scooters are too heavy to be allowed on the lift of the mobile unit.
- If you intend using hospital transport to come for your appointment, please ring us beforehand as we may need to alter this appointment.
- There are no toilet facilities on the mobile unit.

When will I get the results?

You will receive a letter with your breast screening results within 2 weeks of your appointment. The results will also be sent to your GP.

Breast changes

If you get to know how your breasts normally look and feel, you will be more likely to spot any changes that could be signs of breast cancer. Look out for:

- a lump or thickening in the breast
- a swelling or lump in the armpit
- a change in the nipple, which might be pulled back into the breast, or change shape – you might have a rash that makes the nipple look red and scaly, or have blood or another fluid coming from the nipple
- a change in how the breast feels or looks – it may feel heavy, warm or uneven, or the skin may look dimpled; the size and shape of the breast may change
- pain or discomfort in the breast or armpit

Scan this QR code to find out more about breast cancer signs and symptoms and how to check your breasts.



Breast Unit Office: 01494 323300

Our telephone lines are open every weekday from 9.00am until 4.30pm

Email: buc-tr.bsu@nhs.net

You can also contact the Breast Care Nurses on 01494 426109 or 01494 426228

How can I help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

Patient Advice Sheet

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email bht.pals@nhs.net