

# Breast Services

## Welcome to the Breast Care Unit

Doncaster & Bassetlaw Hospitals NHS Foundation Trust provide integrated breast care services to all women in the Bassetlaw and Doncaster areas. In most cases, women who live in the Bassetlaw area will go to Bassetlaw Hospital for investigation and treatment, and those from the Doncaster area will go to Doncaster Royal Infirmary.

## About your visit

At your appointment you will be asked to remove all your clothing from the waist up and will be given a gown to wear. Lockers are available for your clothes, or if you prefer you may carry them with you. Valuables should be kept with you at all times. You should allow at least two to four hours for your first appointment.

## Tests and examinations

There are a number of different tests that can be undertaken in the breast care unit. You may not have all the tests but a combination of some of them. All tests are tailored to your particular requirements and the information given below is a short summary of each procedure. If one of the following is recommended for you, you will be given an information card that gives much more detail.

## Clinical examination

This will involve an expert Doctor or Nurse undertaking an examination of your breasts. They will also examine the area under your arms and around your neck. You will be chaperoned by a female Nurse throughout the examination.

## Core biopsy

This test involves the Doctor using a needle to take a sample of tissue from the breast. First, the Doctor will numb the skin with a local anaesthetic, then make a tiny cut in the skin and put the needle into the breast tissue. The machine holding the needle will make a clicking noise. The Doctor may need to take two or three samples.



When the test is finished, a dressing will be placed over the tiny cut. When the local anaesthetic wears off the breast may ache. Painkillers and rest will help to relieve the ache. This test might create some bruising.

### **Fine-needle aspiration (FNA)**

The Doctor will insert a very fine needle into the breast tissue in order to take out cells for examination under the microscope.

As the needle is drawn in and out it may cause some discomfort and stinging but this will wear off after a couple of minutes. The test might leave a small bruise and the area might ache for a couple of hours afterwards.

### **Mammography**

A mammogram is an X-ray of the breasts. The X-ray may show changes in the breast tissue, which will help the doctor to decide how to treat you. Some women may find the process uncomfortable, but it has a low risk of causing harm and only lasts a few minutes.

### **Ultrasound**

This technique uses sound waves to produce an image of the breast. It is a simple procedure which is usually painless.

### **Getting your results**

Some test results may be available on the same day. Any outstanding results will require a further appointment.

### **Bringing a friend**

Please feel free to bring your partner or a friend along with you. It may be necessary at times for you to be seen alone but most of the time you can be accompanied.

### **Enquiries and advice**

A receptionist will be available, usually between 8.30am and 4.00pm at Doncaster, Monday to Friday and Bassetlaw, Monday to Thursday to take enquiries regarding your clinic appointment. Contact details are:

- Bassetlaw Hospital, Tel: 01909 502192
- Doncaster Royal Infirmary, Tel: 01302 642409

### **How to find the Breast Care Unit**

At Bassetlaw Hospital, the breast care unit is on the ground floor next to the Maternity Unit. Enter through the Maternity Unit entrance and following the signs.

At Doncaster Royal Infirmary, the Jasmine Centre is located in the south block of the main hospital. Please enter by Gate 4.

### **Cancelling appointments**

If you are unable to keep your appointment, it is important to let us know as soon as possible so that your appointment can be offered to another patient. You should also ring if you need to change an appointment you have been given. Please contact the appointments office on Tel: 01302 647673.

### **Risks and benefits**

You are coming into hospital because we can offer treatment that will improve your health. All medical and surgical treatment, however, carries some risk but this is usually very small. Your consultant should tell you about any side-effects or risks of treatment.

### **Further information**

This leaflet should give you some of the information you need while attending the breast care unit. During your visits, you will be given further, more specific, information about various aspects of making a diagnosis, treatment and on-going care. Every patient is different and the information you are given may differ from that given to other patients.

### **Weston Park Hospital, Sheffield**

Doncaster and Bassetlaw Hospitals has a visiting service from Weston Park Hospital, Sheffield. Some patients are asked to go to Weston Park Hospital for part of their treatment.

### **Male patients**

Breast problems exist in men, although they are rare, as men have only a tiny amount of breast tissue beneath the nipple. If a man has been referred to the breast care unit for investigations, staff will ensure that he is given the same high standard of care that is provided to female patients. If a man feels embarrassed about attending a general breast clinic, staff will arrange for a more suitable and less busy time to be made available.

### **Breast Care Unit staff**

The expert Doctors in the breast care unit are supported by a team of dedicated and specialist staff including:

- Radiographers
- Clinic nurses
- Clerical staff
- Breast care nurses
- Physiotherapists



**Jasmine Centre**

Doncaster Royal Infirmary DN2 5LT

**Princess of Wales Breast Unit**

Bassetlaw Hospital S81 0BD

- Nurse practitioners

**Medication**

Please bring a list of any medication you may be taking to your appointment.

**Questions to ask**

The space below has been provided for you or your relatives to make notes of questions you would like to ask the doctor or nurse when coming for an outpatient appointment.

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**Patient Experience Team**

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

**The contact details are:**

Telephone: 01302 553140 or 0800 028 8059

Email: pals.dbh@dbh.nhs.uk.