

Patient information

Attending the Symptomatic Breast Clinic

Breast Services

You can find the Breast Unit on the lower ground floor of the new Royal Liverpool Hospital.

- When you come to the unit, please report to the receptionist who will check your name and address and ask you if you have attended a breast clinic before.
- When you are called through from the waiting room, anybody who is with you will have to stay in the main waiting area because of lack of space and because patients are sitting in the clinical waiting area wearing hospital gowns. However, when your results are ready, you are welcome to bring another person in with you.
- As you will be asked to undress from the waist up you will find it easier if you wear separates rather than a dress.
- Because various tests are carried out, please allow at least the morning or the afternoon (depending on the time of your appointment) for these tests to be completed.

Examinations and Tests

You may be seen by one of our doctors or nurse practitioners first, or you may have a mammogram first.

Depending on the details on your family doctor (GP) referral letter, you may need one or more of the following:

- **Clinical Examination (Breast examination)**
A doctor or a nurse practitioner who are specialists in breast care may carry this out.
- **Ultrasound (Breast scan)**
An ultrasound scan uses sound waves to produce an image of the breast. The scan is painless and only takes a few minutes.
- **Mammogram (Breast X-ray)**
This is done by pressing the breast between two special X-ray plates, which most women find uncomfortable, and a few will find it painful. If you do find it painful, this will only last as long as the compression (squashing), which only takes a few seconds.
- **Fine needle aspiration biopsy**
This involves removing cells or fluid from a lump using a fine needle and syringe. This is then looked at under a microscope.

- **Needle Biopsy**

This is a simple procedure which will enable the doctor to obtain a larger amount of your breast tissue than a fine needle test. A needle is introduced into your breast to obtain the specimen. A local anaesthetic will be used for this test.

A nurse or radiographer will be with you when the doctor sees you. Following the examination, the doctor will tell you if you need any more tests. Most tests are carried out on your first visit to the Breast Unit.

What are the risks of having these tests?

These tests are very safe but can sometimes be uncomfortable. Having a needle test can cause the breast to become bruised and uncomfortable for a few days. Simple pain killers can help with this.

What happens if I refuse the tests?

It is your right to refuse a test, however a combination of these tests is the best way to get an accurate diagnosis. Refusing a test may make it difficult for the specialist to get an accurate result for you.

Are there any alternative investigations available?

The tests described above are the most appropriate and advanced that we have at the moment for investigating breast symptoms. Occasionally extra tests will be ordered as well.

Your results

If you have had a needle test we will try to give you the results on the day of your appointment. You will be asked to get dressed and return to the waiting area until your results are ready. The staff will let you know the waiting time. There is a tea bar on the ground floor.

Every effort is made to keep your waiting time to a minimum, but sometimes there are delays. The staff will let you know if there are any delays.

If we are unable to give you your results of your needle test on the day, you will be given a clinic appointment to return to the clinic within two weeks for the results.

Transport

Transport has not been arranged for this appointment so it will be necessary for you to make your own arrangements.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

If you need any further information please contact the Breast Unit

Tel: 0151 706 2920

Text phone number: 18001 0151 706 2960

Author: Breast Services

Review Date: October 2025

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل ائتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونياً.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字

體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل میتوانيد کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوهندیدار بهو نهخوشانهی له لایهین تراستهوه پهسهند کراون، نهگهس داوا بکریت له فۆرماتهکانی تردا بریتی له زمانهکانی تر، نیزى رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیلی موون و نهلیکترۆنیکى همیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字
体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.