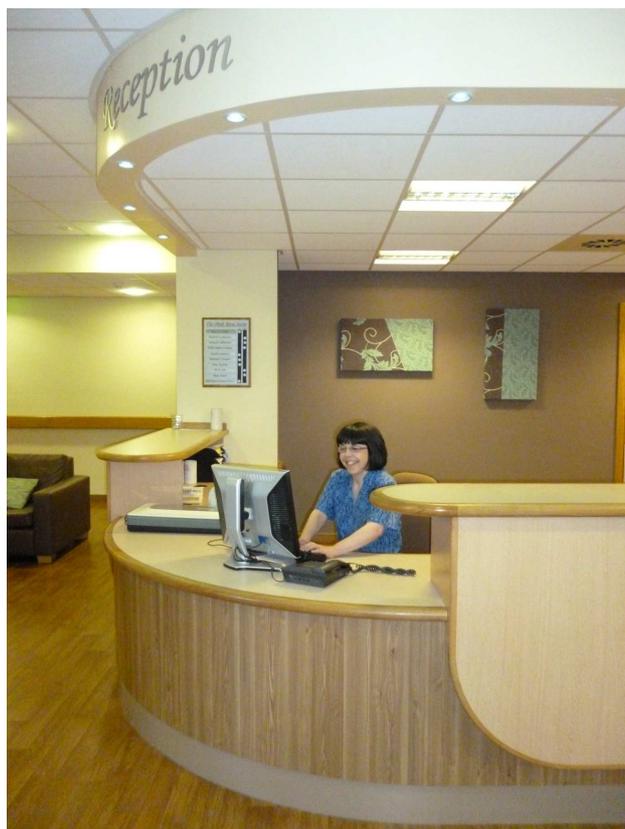


Your Clinic Visit to the Pink Rose Suite

**Pink Rose Suite
Clinical Support Services
Diana Princess of Wales Hospital**

This leaflet has been designed to give you important information about your visit and to answer some common queries that you may have.



Information for patients and visitors

Introduction

Welcome to our dedicated breast clinic. Your Doctor has referred you here because of a possible problem in your breast.

This leaflet is designed to give you some information about the department, to help you prepare for your examinations and to give you some idea of what to expect when you attend.

What happens in the clinic?

Please be prepared to be in the clinic for up to 2-3 hours. Many patients may be much quicker than this.

You will be asked to wait in our waiting room for your examinations and investigations. It can sometimes appear that patients are not taken through in appointment order. There are several reasons for this:

- Based on the history given from your GP, we may perform a mammogram before we call you in for your clinical examination
- There are usually several professionals in the clinic, each seeing different patients. You may see an Advanced Nurse Practitioner or a Doctor as well as members of the Imaging Team
- Some patients are attending for results or a review and do not need any further tests
- Some patients are waiting to see the Breast Care Nurses
- As we aim to perform most your necessary tests on your first visit this can result in delays or a backlog for some tests
- We give each patient as much time as they require in the clinic

If you have another appointment on the same morning or afternoon, please make this known to our receptionist. We will make every effort to ensure that you are able to keep your other commitments.

Breast Triple Assessment

Triple assessment is a way of looking at the breast tissue which may include up to three different ways of examining the breast:

- **Clinical examination:** The Clinician will examine the breast by feeling for any abnormality
- **Mammography:** usually performed in patients over the age of 40 or men over the age of 50
- **Breast Ultrasound:** Using sound waves, this may be used to complement the other ways of examining the breast or combined with clinical examination if you are younger than 40

Triple assessment is the best proven way of looking at the breast as a whole so that an accurate diagnosis can be given.

Mammogram

Mammograms are carried out by female staff called Mammographers. To have a mammogram, you need to undress to the waist. So it may be easier to wear a skirt or trousers instead of a dress.

The Mammographer will first explain what will happen. She will then place your breast onto the mammogram machine and lower a plastic plate onto the breast. This helps to keep your breast still and get clear X-rays.

Having a mammogram can be uncomfortable, and some women can find it slightly painful. Usually, any pain passes quickly.

Information for patients and visitors

The Mammographer will usually take two X-rays of each breast, one from above and one from the side. She will go behind a screen while the X-rays are taken. You have to keep still for several seconds each time.

The images taken are then read by the imaging specialist film reader.

Occasionally we may need to take extra views for more information. If we need to take extra views the reasons will be explained to you at the time of your visit.

Breast Ultrasound

Breast Ultrasound uses sound waves to make a picture of the tissues inside the breast. A Breast Ultrasound can show all areas of the breast, including the area closest to the chest wall, which is hard to study with a mammogram.

Warm gel is applied to the breast then a small handheld unit called a transducer is gently passed back and forth over the breast. A computer turns the sound waves into a picture on a computer monitor.

We may need to proceed to other tests in the ultrasound room. These tests are tailored to your needs and will be explained to you during the scan.

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlq-tr.PALS@nhs.net

As a Trust we value equality of access to our information and services, therefore alternative formats available on request at nlq-tr.interpreters@nhs.net

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Date of issue: October, 2018

Review Period: May, 2020

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IFP-0974 v1.1

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