

## ***Breast Clinic Direct Access***

Your GP surgery has requested an appointment for you at the Breast Clinic in Forth Valley Royal Hospital. We aim to see you for assessment within 2 weeks. You will receive an appointment letter or telephone call within the week to advise you of your appointment.

### **What to expect at your breast clinic appointment**

**At the breast clinic you may have a:**

- Breast examination: a doctor or nurse physically checks your breasts
- Mammogram (breast x-ray) or breast ultrasound scan: produces an image of the inside of your breasts
- Biopsy: a small amount of breast tissue is removed to be checked under a microscope

**Not everyone referred to a breast clinic will need an x-ray, scan or biopsy.**

**Mammogram** – This is an x-ray of your breasts. You are required to undress to the waist. Your breast will be compressed between two x-ray plates to obtain the best picture. It can be slightly uncomfortable but will only last a few seconds. The test takes approximately 30 minutes.

**Breast Ultrasound Scan** – You will be asked to undress to the waist for this procedure. It is a scan of your breast and involves some gel being put on your breast before the doctor uses a probe which will produce a picture of the inside of your breast.

**Needle Aspiration** – This involves inserting a small needle into the breast. Most people describe this as uncomfortable rather than painful.

**Biopsy** – This involves taking a small sample of breast tissue and you will be given local anaesthetic for this procedure. Advice will be given at the clinic if this is required.

### **How long will it take?**

Your visit to the breast clinic can take up to several hours so all the necessary tests can be carried out.

You may have a breast examination and not require any further tests which should take approximately 15 minutes.

**Please contact your FV Appointments on 01324 566639 (they have an answerphone) if you do not receive an appointment letter or telephone call within one week.**

