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Breast Clinic

Information for patients and carers

Please read this leaflet before your appointment

**Purple Zone, Level 5
Aberdeen Royal Infirmary**

On arrival

Please report to the Reception Desk when you arrive at the Clinic. Once your details have been confirmed you will be directed to the Waiting Area.

If you are coming by ambulance or patient transport, please let reception know when you arrive.

About the clinic

The Breast Clinic provides a diagnostic service. In **most** cases, the doctor seeing you can make a diagnosis of your breast complaint during your visit.

However, in some people it's not possible to make a diagnosis and further investigations may be needed. The doctor will explain this to you and further arrangements will be made, either at the clinic, or if this is not possible, shortly after.

On your first visit to the clinic certain procedures may have to be performed. You may need to spend 3 to 4 hours at the clinic before a final result is available and the doctor can discuss the results with you.

If you have diabetes, please feel free to bring a snack with you because of the length of time you may be in the clinic. Also, please let clinic staff know if you are diabetic.

We would like remind you that no test is 100% conclusive. However, your doctor will explain about these tests to you.

You are welcome to bring a friend or relative with you to the clinic.

Tests which may be carried out

These are performed in different rooms but still in the clinic (except for a mammogram). You will need to undress your “top half” several times. We can give you a hospital gown to wear. However, if you prefer to wear your own clothes, please wear something that you can slip on and off quickly and easily.

- **Ultrasound scan**

You may need to have an ultrasound scan of the breast. This is a painless procedure which is used to help the doctor diagnose your breast complaint. This is done in the clinic. The results of this scan will be given to you and discussed by the doctor.

- **Aspiration**

You may need to have a needle test of a breast lump. This test involves removal of cells/fluid from your breast. If there is a discharge from the nipple we may ask you to squeeze your breast to allow us to collect fluid from the nipple. This is performed in the clinic. The cells/fluid are then analysed in the clinic and the results given to you and discussed with you by the doctor.

- **Mammogram (X-ray of breast)**

You may have already had a mammogram before coming to the clinic. These results will be given and discussed with you.

If you haven't had a mammogram, the doctor will decide during your consultation if you need one.

The mammogram is carried out in the Inpatient Radiology Department on Level 1 of the Yellow Zone, ARI. A nurse will direct you from the Clinic to this Department.

After this test, you will be asked to return to the clinic with your X-rays where the doctor will give you the results.

Nursing staff

Nursing staff are present in the clinic and a breast care nurse is available for specialist help, information and advice.

We welcome and encourage you to ask any questions about your visit to the clinic.


Further information

Aberdeen Royal Infirmary is a teaching hospital so medical students attend the clinic as a learning experience. You may be asked if they can be present at your consultation but if you wish to object, please let a nurse know.

Please note this clinic is held in Aberdeen Royal Infirmary and NOT at the Breast Screening Centre on Foresterhill Road.

Sometimes the clinic does run late because of the large number of people attending for appointments. However, we do all we can to avoid this whenever possible.

If you need a lifting aid (such as a hoist or stand aid) during your visit, please call us on the number below to arrange this with nursing staff.

 **01224 559473** 

Contact telephone number

If you have any further questions, please do not hesitate to contact us on:

**Clinic E
Purple Zone, Level 5
Aberdeen Royal Infirmary**



01224 559460



**Monday to Friday
9.00am to 5.00pm**

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554149. Ask for leaflet 0287.**

Feedback from the public helped us to develop this leaflet.
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