



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

York Breast Unit

Further tests following your recent mammogram

Information for patients, relatives and carers

① For more information, please contact:

The Breast Imaging Unit
York Hospital

Wigginton Road, York, YO31 8HE

Tel: 01904 725591

yhs-tr.northyorkshire.breastscreeningservice@nhs.net

Further tests: your questions answered

You recently had a mammogram (breast x-ray) and as part of your follow up have been asked to come back for further tests. Your consultant or a member of their team has asked for these extra tests.

This leaflet is intended to answer some of your questions. If you have any further questions, please ring the Specialist Breast Care Nurse on 01904 726775.

Why have I been asked to come back for further tests?

You have been invited back because we need more detail about an area we have seen on your mammogram. You need a more detailed examination at the Breast Imaging Unit before we can decide on a result.

Most women who have further tests learn that there is nothing of concern.

Where is the Breast Imaging Unit?

The Breast Imaging Unit is on the first floor of the Magnolia Centre at York Hospital opposite the multi-storey car park.

What can I expect to happen during my visit?

When you arrive at the Unit you will be shown where to wait. For your privacy a separate patient waiting area is provided while the tests are being carried out. If you would like to bring a relative or friend with you, please feel free to do so. They will remain in the main waiting area until your tests are complete.

You will be asked to undress to the waist when you are having your tests so it is a good idea to wear a separate top, which can be easily removed.

How long will I be at the clinic?

An approximate two-hour appointment time is advised which would include waiting time. The actual length of time you are at the clinic will depend on the number of tests you need to have done. Each woman is different, but we aim to complete all the extra tests in one visit. None of these tests will prevent you from driving.

What tests will be done?

You may have one or more of the following tests:

More mammograms

Most women will have more mammograms to show some part of the breast in more detail.

Tomosynthesis

Digital breast tomosynthesis makes a three-dimensional (3-D) image of the breast. During digital tomosynthesis you are positioned as for the ordinary mammogram, but the machine makes many multiple images.

Ultrasound examination

This test uses sound waves instead of x-rays to produce another picture of the inside of your breast and/or armpit (axilla).

Contrast Enhanced Mammography (CEM)

Contrast enhanced mammography is a technique in which a dye is injected into your arm or hand before the mammogram is taken. This helps make the images clearer and makes it easier for your specialist to look at specific areas in more detail.

Breast needle biopsy

It may be necessary for you to have a small tissue sample taken from your breast and/or armpit. A local anaesthetic is used to numb the area first. You will be given more information when you attend if this test is necessary.

A tiny metal clip may be inserted after the biopsy so the area can be identified in the future. This will be explained to you at the time. It is safe for this clip to stay in the breast.

The commonest side effect from a biopsy is bruising. If you wish, take pain killing tablets such as paracetamol according to the instructions on the package.

When will I get the results?

The time taken to get your results will depend on the tests required. A consultant radiologist or radiographer may explain the results of your ultrasound scan to you whilst you are at the clinic. If you have a needle biopsy taken your result will be discussed at the Breast Multidisciplinary Team Meeting. After that your Consultant Surgeon and their colleagues will contact you about the result.

Remember

Not all women called back for further testing will have breast cancer.

We do understand that this process may cause some anxiety. The Breast Care Nursing team are available to talk through any concerns you may have.

If you have any questions or concerns, please contact our Specialist Breast Care Nurses on 01904 726775.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
yhs-tr.NorthYorkshire.BreastScreeningService@nhs.net

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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