

WHAT NEXT?

You may be given an appointment to come back to see the doctor. At this appointment the doctor will discuss the results of your tests and any treatment that may be necessary. Sometimes more tests are required. The doctor will discuss these with you and make the necessary arrangements.

CONTACT DETAILS

The clinical nurse specialists can offer advice and support. You can contact them during office hours on:

020-7830 2494

If you need to discuss the time and date of your appointment contact the New Appointments office during office hours on:

020-7830 2902 / 2903

If you need to talk to someone about hospital transport call them on:

020-7830 2096

GETTING HERE

Parking

Parking space is very limited at the Royal Free Hospital. There are pay and display parking areas but these often full.

Public transport

The hospital has good transport links.

Buses: 24, 46, 168, C11, 268

Tube: Belsize Park

Rail: Hampstead Heath

Hospital transport

Some people are entitled to hospital transport on medical grounds. Organise this through your GP.

CAN I CLAIM TRAVEL EXPENSES?

If you receive Income Support or Family Credit (or have an exemption certificate) you can claim your fares to and from the hospital. Ask a nurse to help you make your claim. This does not cover taxi services.

About your appointment in the breast clinic

Information for patients and
carers

Your doctor has referred you to the Royal Free Hospital Breast Unit. Your appointment date and time are enclosed.

To change your appointment, contact the New Appointments Office. If you have any medical queries about your appointment, contact the clinical nurse specialists [phone number at end of leaflet].

You will be given a lot of information during your first visit. It is not always easy to remember everything the doctor tells you, so it is a good idea to bring a relative or close friend. Please allow half a day for your visit.

WHERE IS THE CLINIC?

The breast clinic is held in the out-patient department on the first floor. The clinic is sign-posted and volunteers are available to direct you.

The clinic is held:

Tuesday morning Clinic 1

Wed/Thur afternoon Clinic 3

WHAT TO EXPECT

You will be under the care of the consultant named on your clinic letter. The consultant or a member of their team will see you. On your first visit you will be seen by the consultant whenever possible. Please report to the receptionist on arrival. We do our best to see our patients on time. If there is an unavoidable delay, we will keep you informed.

There are three consultants in the unit:

Mr Tim Davidson
Miss Nicola Roche
Mr Oladapo Fafemi

There are two clinical nurse specialists:

Miss Tina Kelleher
Mrs Lorraine Kelly

As this is a teaching hospital, medical students are sometimes present in the clinic. If you do not want a student to be present during your consultation please tell a nurse when you arrive.

In the clinic, the doctor will ask you questions about your symptoms and medical history, and carry out a physical examination. The doctor may want you to have further tests. Where possible, these will be done on the same day. If you cannot have all the tests on the day we will make sure they are organised for you. These tests may require undressing to the waist a number of times.

Below is a description of some of the tests you may be asked to have.

COMMON INVESTIGATIONS: Mammogram

A mammogram is an x-ray of the breast. The breast is compressed between two x-ray plates for a few seconds. This may be uncomfortable or a little painful.

Ultrasound scan

An ultrasound scan produces an image of the breast using high-frequency sound waves. This is performed by a doctor (radiologist) or a radiographer. The scan is painless and only takes a few minutes.

Fine needle aspiration

Fine needle aspiration (FNA) is a type of biopsy that involves removing cells or fluid using a thin needle and syringe. This is then sent to the laboratory for analysis. In some cases, especially if the lump is not easy to feel, the FNA is done using ultrasound to pinpoint the area.

Core biopsy

This procedure uses a larger needle so that more tissue can be taken. This means that a more detailed analysis can be done on the sample. We will give you more information about this procedure if you need to have it.