

# Breast Ultrasound

Breast Imaging, Radiology

## Introduction

A specialist, such as your Doctor or a member of the breast imaging team (Sonographer), has advised you to have an ultrasound scan of your breast. This leaflet has been written to help you understand what the test involves, along with the benefits, risks and alternatives.

## What is a Breast Ultrasound?

A breast ultrasound involves the use of sound waves which builds up a picture of your breast tissue.

## What are the benefits of having the procedure?

Your Doctor or member of the breast imaging team will discuss the benefits with you prior to undertaking the procedure.

Ultrasound can be used on its own or in conjunction with other tests to detect abnormalities within the breast. Ultrasound is particularly good at finding out whether a lump within the breast is solid (made of cells) or cystic (fluid filled).

## What are the risks of the procedure?

An ultrasound uses sound waves to produce a detailed picture of the breast; no X-rays or radiation is involved.

Although ultrasound is a very effective method of examining the breast tissue, very rarely abnormalities may not show on the scan or may be missed by the Sonographer.

## Are there any alternatives to a breast ultrasound?

The Doctor or member of the breast imaging team can discuss alternatives with you if you ask.

## What will I need to do before the procedure?

You will be asked to remove the clothing from the top half of your body, including your bra, and wear a hospital gown. It is easier to wear a skirt or trousers instead of a dress for your appointment. You are welcome to bring your own dressing gown to wear during your appointment.

## How long will I be at the hospital for?

Please expect to be at the hospital for at least 30 minutes.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## What will happen during the procedure?

- You will be taken into the ultrasound room and asked to lie down on your back on the ultrasound couch
- The Sonographer will check some details with you and explain the procedure
- You will have the opportunity to ask any questions
- The Sonographer will ask you to open your hospital gown and get you to lie slightly on your side with your hand behind your head
- The Sonographer will put some ultrasound gel onto your skin and will move the ultrasound probe (part of the machine) over your breast to get a picture. The picture will be displayed on the screen
- Images will be taken for your hospital records
- Sometimes to see the deeper tissues within your breast the Sonographer might have to press the ultrasound probe quite firmly down onto your breast; this is called compression
- You can choose to stop the procedure at any point but this may mean we do not have enough information to write a full report.

## What will happen after the procedure?

The Sonographer will ask you to get dressed and will tell you how you will get your results. Sometimes further tests will be required following your ultrasound, the Sonographer will explain any additional tests with you at your appointment.

## What is the aftercare advice?

Rarely women feel discomfort following the procedure. If your breasts feel tender following the examination please take over the counter painkillers, such as paracetamol as per the instructions on the packet.

## Will it be painful?

Some patients experience mild discomfort or pain when the breast is compressed with the ultrasound probe. Compression of the breast lasts for a few moments whilst the Sonographer is performing the scan.

Although it is rare, some women experience aching and discomfort of the breast following the procedure.

## Can I go back to work?

Yes, you can continue with your normal daily activities.

## What follow up should I expect?

Your Doctor or member of the breast imaging team will discuss how you will get the results of the ultrasound with you.

## What to do if the appointment is not suitable?

We are happy to change your appointment; however please be aware that certain sessions within the week will not be available due to different clinics being supported by Breast Imaging. You can contact us on 01902 695923. This is a direct line; you will not need to go through switchboard.

If you are unable to attend your appointment please let us know as soon as possible so that the appointment can be given to another patient.

## Whom can I speak to if I want to ask questions before I come for my breast ultrasound?

The Breast Care Nurses can be contacted on 01902 695144, office hours are 8.30am -4pm Monday to Friday. There is a 24 hour answer machine therefore if the Breast Care Nurses are not available, please leave your name and telephone number and one of the nurses will return your call as soon as possible.

Alternatively if you would like to speak to a Radiographer or Sonographer about the examination please call 01902 695923, office hours are 8.30am – 5pm.

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。