

Having a Breast Ultrasound Scan

You have been referred for an ultrasound scan by your doctor or health care professional. This leaflet explains what the examination involves and what to expect when you come to the hospital. It may not answer all your questions, so if you have any queries or concerns, please call the telephone number on your appointment letter.

What is an ultrasound scan?

An ultrasound examination obtains a picture of the inside of the body without the use of x-rays. High frequency sound waves pass through the body and are reflected as echoes from structures inside the body. These echoes are displayed as images on a screen from which a diagnosis can be made. To get the pictures, a gel will be applied to your skin surface and a small probe placed is moved over your upper chest and/or armpit. The ultrasound is carried out by either a sonographer or radiologist, both are trained professionals in this scan.

What are the benefits?

Ultrasound of the breast can be useful to tell the difference between fluid or solid lumps within the breast. It is often used together with mammography and breast examination to detect breast cancer.

Asking for consent

When you come for your ultrasound, the radiographer/radiologist will ask you if you are happy for the scan to go ahead. This is called verbal consent. If you do not wish to have the scan, are undecided, or have any questions or concerns, please tell the sonographer/radiologist. There will be a chaperone present during your scan.

Students/trainees may be present during the examination but only with your verbal consent. Please advise the sonographer/radiologist if you do not wish to have anyone present.

Please remember that you are free to ask the sonographer/radiologist any questions you have at any time before, during or after your scan.

Before the Procedure:

If you need to prepare before coming in for your scan, you will receive information in your appointment letter or when your ultrasound was booked.

What happens during the breast Ultrasound Scan?

In the examination room, you will be asked to remove your clothes from your top half and to wear a gown. You will lie on examination couch. The sonographer/radiologist will apply clear gel applied to your skin in the area being examined. They will move a small handheld probe over the area while viewing the images produced on the monitor.

The lights in the room will be dimmed so that the pictures on the screen can be seen more clearly. Records of selected images will be made so that they can be viewed later.

The sonographer/radiologist may have to gently press down on the probe to get a good view. This can be uncomfortable for some people. If you do feel uncomfortable, please inform the sonographer/radiologist, so that suitable adjustments can be made. The examination will be

Once the examination is over, the gel will be wiped off, and you will be free to dress. The examination should take no more than 20mins.

The number of staff present will be kept to a minimum and is usually the person performing the scan (radiologist or sonographer) and a chaperone.

After your scan

Once the examination is complete you will either be instructed to go home or return to your healthcare professional who referred you for the scan.

When Will I get the results?

The scan will be studied, and a report made by the radiologist or sonographer. They will send this report to your referring doctor or other professional who referred you for the scan. The scan results are normally available for discussion with your referring doctor/health professional immediately after your attendance.

What are the risks?

Ultrasound is a safe and normally painless procedure. You may feel a little discomfort if your breast area is tender to touch.

Are there any alternatives?

Your referrer has decided that an ultrasound scan would be the most useful in your case. The examination will help your referrer to assess you more fully and plan any further treatment that might be necessary. If you would like more information about alternative imaging tests, please speak to the doctor or health care professional managing your care.

Image sharing

Your images will be electronically stored on the hospital picture archiving system. This data can be accessed throughout the Belfast Health and Social Care Trust and other doctors and health care professionals who are directly involved in your care. The ability to share images and radiological reports will improve the safety and quality of your care by ensuring that the right information is available in the right place at the right time.

To improve the medical services we provide, we may also use your data as anonymously as possible for internal audit and medical education. If you would prefer that your data is not used for these purposes, please inform a member of staff when you attend for your examination.

If your data is to be used for research, then a separate consent process will be used. You will be asked for your consent, should this be the case.

Contact us

If you have any questions or concerns about coming for your breast ultrasound, please contact the appointments officer at the number displayed on your appointment letter.

Feedback

We hope you found the information in this leaflet helpful. If it did not tell you what you needed to know or you would like to provide any feedback on your experience, please let us know so that we can make any necessary improvements.

You can provide feedback on your experience:

Telephone: **028 9504 8000** (Monday-Friday: 9am-4pm)

Textphone: **18001 028 950 48000**

By email: compliments@belfasttrust.hscni.net

By email: complaints@belfasttrust.hscni.net

By completing an online form: <https://belfasttrust.hscni.net/contact-us/compliments-and-complaints/feedback-form/>

Care Opinion



We invite you to share your experience by clicking the following link:
<https://www.careopinion.org.uk/>

or by scanning the following QR code on your smartphone or tablet:



Language and accessible support services

Deaf/ Hard of Hearing

If a Sign Language interpreter is required, please either telephone **028 9615 8900** via the Sign Video remote interpreting service <https://signvideo.co.uk/deaf-community/> or email us at BCMammography@belfasttrust.hscni.net and we will arrange one for your appointment. Please have your H&C number ready when calling or include it in your email. This can be found at the top right corner of any Health and Social Care letters you may have received.

If you are unable to hear on the phone and need to contact us with regards to your appointment you can email us at BCMammography@belfasttrust.hscni.net.

Do you need this information in another format or language?

The Trust has access to interpreting and translation services. If you need this information in another language or format, including Braille, large print, CD, audio tape please contact the telephone number **028 9615 8900** or e-mail address MPHAdminFOH@belfasttrust.hscni.net, and we will do our best to meet your needs.

Polish - Czy potrzebujesz tych informacji w innym formacie lub języku?

Fundusz ma dostęp do usług w zakresie tłumaczeń ustnych i pisemnych. Jeśli potrzebujesz tych informacji w innym języku lub formacie, w tym w piśmie Braille'a, dużym druku, na płycie CD, kasecie magnetofonowej, skontaktuj się z nami pod numerem telefonu lub adresem e-mail **028 9615 8900/** MPHAdminFOH@belfasttrust.hscni.net, a my dołożymy wszelkich starań, aby spełnić Twoje potrzeby.

Arabic - هل تحتاج هذه المعلومات بصيغة أو بلغة أخرى؟

تستطيع الجمعية توفير خدمات الترجمة الفورية والتحريرية. إذا احتجت هذه المعلومات بلغة أو بصيغة أخرى، بما فيها صيغة برايل Braille أو صيغة بالأحرف الكبيرة، أو في سي دي CD أو في شريط مسموع، يُرجى الاتصال برقم التليفون أو عبر البريد الإلكتروني MPHAdminFOH@belfasttrust.hscni.net / **028 9615 8900**، وسوف نبذل قصارى جهدنا في تلبية احتياجاتك.

Lithuanian - Ar jums reikia šios informacijos kitu formatu ar kalba?

Tarnyba gali suteikti vertimo žodžiu ir raštu paslaugas. Jei reikia šios informacijos kita kalba ar formatu, įskaitant Brailio raštą, didelį šriftą, kompaktinį diską, garso įrašą, skambinkite telefonu arba susisiekite el. paštu **028 9615 8900/** MPHAdminFOH@belfasttrust.hscni.net ir mes padarysime viską, kad patenkintume jūsų poreikius.

Romanian - Aveți nevoie de aceste informații într-un alt format sau altă limbă?

Trustul are acces la servicii de interpretariat și traducere. Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un alt format, inclusiv Braille, tipărire cu caractere de mari dimensiuni, CD, înregistrare audio, atunci vă rugăm să ne contactați la numărul de telefon sau la adresa de e-mail **028 9615 8900/** MPHAdminFOH@belfasttrust.hscni.net, iar noi vom face tot posibilul pentru satisfacerea necesităților dumneavoastră.

Tetum - Ita presiza atu informasaun ida ne'e iha formatu ka lian seluk ka lae?

Fidusiáriu ida ne'e iha asesu ba servisu durubasa no tradusaun. Se Ita presiza informasaun ida ne'e iha lian ka formatu seluk, inklui letra Braille, letra boot, CD, kasete audio, entaun favór telefone númeru ka enderesu e-mail **028 9615 8900/ MPHAdminFOH@belfasttrust.hscni.net**, no ami sei halo esforsu tomak atu kumpre Ita-nia nesesidade sira.