

Having a Contrast Enhanced Spectral Mammogram biopsy

You have been referred for contrast enhanced spectral mammography (CESM) biopsy 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 a CESM biopsy?

CESM is a form of imaging that looks at the breast tissue using contrast media (x-ray dye). A biopsy is a procedure to remove tissue from your breast. A CESM biopsy is using the contrast to guide where the tissue will be removed from in the breast. This procedure is carried out under local anaesthetic; it is performed as an outpatient procedure and will take approximately one hour to complete. The procedure is performed by a radiographer and/or radiologist, both are trained professionals in this type of procedure.

Before your procedure:

A safety checklist will be completed when you arrive to ensure you are suitable for the procedure.

If you are diabetic, take a medication called Metformin or have had a kidney transplant, the medical team will arrange to send you for a blood test. This is to check if you can be given x-ray dye. The medical team will look up your result on your medical records.

If you are taking anticoagulant medication (medication that thins your blood), it may need to be stopped. Please inform the doctor at the outpatient breast clinic if you take this medication or if you have any other questions about medication.

You may need to make arrangements to be accompanied home in case you have a reaction to the anaesthetic used during the biopsy

Asking for consent

The medical team will ask for your consent for the procedure to go ahead. They will complete a form with you. This is known as written consent. If you do not wish to have the procedure or are undecided, please tell the medical team.

Students/trainees may be present during the examination but only with your verbal consent.

Please remember that you can ask the medical team any questions you have at any time before, during or after your procedure.

What happens during the Contrast enhanced spectral mammogram?

CESM involves placing a cannula (plastic tubing), normally in your arm or hand. The x-ray dye is injected into your bloodstream, using a pump. Images are taken of your breasts after 2 minutes. This is when the x-ray dye will be seen most clearly in the breast. These images are used to guide the medical team where to take a biopsy.

You will be asked to remove your clothes from your top half and to wear a gown. The medical team will explain the procedure, how the x-ray dye will make you feel, and answer any questions. They place a cannula (plastic tubing), normally in your arm or hand. This is connected to a pump containing the dye.

You will be in a specialist chair that can be used sitting up or lying down depending on how best to access the area of breast tissue. You will have compression applied to the breast. There is a level of compression that must be used so that clear images can be taken. X-rays will be taken and at some points the machine around you will move. The machine will make noise when doing this.

When the area of breast tissue is located, the medical team will clean the skin. A small needle is inserted into the breast to inject local anaesthesia. The medical team will wait to allow the anaesthesia time to numb the area. It works quickly and will stop pain being felt in the area.

Once the area is fully numb, the vacuum biopsy device is inserted into the area of the breast. This stays in place during the procedure. You may be aware of pressure or movement in the breast, but you should not feel pain. If you do feel pain, tell the medical team and more anaesthesia can be used.

A small amount of breast tissue (normally a few grams) will be removed, by cutting and suctioning the tissue. Removing the samples only takes a few minutes. These samples are sent away to be looked at under a microscope.

During the procedure, it is normal to take breast tissue samples, evaluate them and then sometimes take more samples. You will not receive any results on the day.

Once the examination is finished, the cannula will be removed, a dressing will be applied to the wound. If you have any allergies to latex or plasters, please let the team know and other dressings will be used. You will be given extra dressings home, along with some aftercare instructions.

Will I feel any pain?

Placing a cannula to access your blood supply can be painful and you may have a bruise at the site where the cannula was placed.

You should not feel pain when the tissue is being removed, due to the use of anaesthesia. However, you may still notice pressure or movement within the breast. The procedure involves applying compression to the breast, some people find this compression uncomfortable. If you are in pain, tell the radiographer and your position or compression can be adjusted. If at any time you feel you cannot continue the examination, feel free to ask to stop. The entire examination should take about 1 hour so getting as comfortable as possible is important.

The breast is often bruised and painful after the procedure and additional pain relief is advised. Aftercare instructions will be given to you with regards to this.

What happens after your procedure?

Once the examination is complete, you are asked to remain on the hospital grounds or within the department for 15 mins. Once you have been told how you will receive your results, and if you feel well, you can go home.

If you experience a reaction to the anaesthetic, driving and working heavy machinery is ill advised for 24 hours

When will I get the results?

The report for your procedure will be sent to your referring doctor or other healthcare professional who referred you for the procedure. Usually this takes about 10 days. The results will be discussed at a meeting with all the professionals involved in your care. The team will decide whether you require further treatment which they will then discuss with you.

What are the risks?

CESM biopsy has several risks but is a less risky alternative to a surgical biopsy. Some of these risks include:

- As it is a form of x-ray, you are being given a dose of ionising radiation. Ionising radiation can be harmful, so we make every effort to give you the lowest possible amount that can produce an image to identify breast abnormality. Your doctor feels this is the most suitable examination and the benefits outweigh that risk.
- During placing of the cannula and insertion of the biopsy device, the skin surface is broken so an infection could result.
- The x-ray dye or an anaesthesia can cause an allergic reaction. A checklist will be completed with you to assess the risk of giving you x-ray dye. Please tell the medical team if you have had a previous allergic reaction.
- Bruising and bleeding: The breast has a blood supply, and it would be common to be bruised after the procedure.
- Clip migration: The clip can move to an unintended area within the breast.
- Equipment failure: The marker clip device may not deploy.
- Further biopsies: The biopsy may need to be repeated if a diagnosis cannot be made from the breast tissue removed.

If you have any concerns or would like to discuss the risks further, please contact the department at the number provided on your appointment letter.

Are there any alternatives?

MRI is an alternative imaging type that can be used. There are also other alternative biopsy types, but your referrer has decided that a CESM biopsy would be the most useful in your case. This 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 CESM, 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 BCHMammography@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 BCHMammography@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.

هل تحتاج هذه المعلومات بصيغة أو بلغة أخرى؟ - Arabic

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](tel:02896158900) / 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](tel:02896158900) / 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 número ka enderesu e-mail [028 9615 8900](tel:02896158900) / MPHAdminFOH@belfasttrust.hscni.net, no ami sei halo esforsu tomak atu kumpre Ita-nia nesesidade sira.