

Having a Contrast Enhanced Spectral Mammogram

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

A contrast enhanced spectral mammogram is a form of imaging that looks at the breast tissue using contrast media (x-ray dye). This exam gives views that help to find signs of cancer in dense breast tissue. 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.

Asking for consent.

When you come for the examination, the medical team will ask for your consent for the procedure to go ahead. If you do not wish to have the procedure or are undecided, please tell the medical team.

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

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

What happens during the Contrast enhanced spectral mammogram?

Contrast enhanced spectral mammograms involve placing a cannula (plastic tubing), normally in your arm or hand. The x-ray dye is injected into your bloodstream, using a pump. A mammogram is performed at timed intervals to view the dye while it is present in the breast.

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.

The mammogram machine will be close to you and compression (pressure) applied to the breast. A certain level of pressure is necessary to complete the exam. The compression will be removed after each image is taken.

Four timed images of your breasts will be taken. These need to be taken in a set order at set times.

Once the examination is finished, the cannula is removed after the examination is completed. The radiologist will take some time to

evaluate the images that will be obtained, and you will be asked to remain in the department.

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.

Performing the contrast enhanced spectral mammogram 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 no more than 20 minutes.

What happens after your procedure?

Once the examination is complete, you are asked to remain on the hospital grounds or within the department for 30mins. Once you have been told to how you will receive your results, and if you feel well, you can go home.

In some circumstances, the radiologist may request further mammograms or an ultrasound scan. These could take place on the same day.

When will I get the results?

The procedure will be reported by the radiologist and the report will be sent to your doctor who referred you for the procedure. The results will be used to make recommendations on any further treatment you require.

The report is normally available on the day you have your procedure performed.

What are the risks?

Contrast enhanced spectral mammography has several risks.

This is a form of x-ray. During an 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, the skin surface is broken during the procedure so an infection could result.

The x-ray dye can cause an allergic reaction. A checklist will be completed with you to assess the risk of giving you x-ray dye.

Throughout the procedure you are carefully monitored. Please raise any concerns before, during and after the exam.

Are there any alternatives?

MRI is an alternative imaging type that can be used but your referrer has decided that a CESM 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.

In order 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:

<http://www.belfasttrust.hscni.net/contact/FeedbackForm.htm>



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 or e-mail address 028 950 40135 / MPHAdminFOH@belfasttrust.hscni.net, and we will do our best to meet your needs.

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 (028 950 40135) / MPHAdminFOH@belfasttrust.hscni.net, a my dołożymy wszelkich starań, aby spełnić Twoje potrzeby.

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

أو في شريط مسموع، يُرجى CD أو صيغة بالأحرف الكبيرة، أو في سي دي Braille برايل الاتصال برقم التليفون أو عبر البريد

الإلكتروني (028 950 40135) /، وسوف نبذل قصارى جهدنا في تلبية احتياجاتك MPHAdminFOH@belfasttrust.hscni.net.

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 (028 950 40135) / MPHAdminFOH@belfasttrust.hscni.net ir mes padarysime viską, kad patenkintume jūsų poreikius.

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 (028 950 40135) / MPHAdminFOH@belfasttrust.hscni.net, iar noi vom face tot posibilul pentru satisfacerea necesităților dumneavoastră.

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 (028 950 40135) / MPHAdminFOH@belfasttrust.hscni.net, no ami sei halo esforsu tomak atu kumpre Ita-nia nesesidade sira.