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About your
re-call for
assessment

Why have I been re-called to an assessment clinic?

Please try not to worry. This does not always mean that there is something wrong.

After your first mammogram, you need to have more tests. This happens to about one woman in 20 who has a BreastCheck mammogram. Most women get normal results after these tests.

What happens at the assessment clinic?

When you arrive at the clinic, check in at the reception desk and one of our staff will meet you.

The clinic can carry out a number of examinations, but you might not need all of them.

The examinations may include:

- additional mammograms – to take different views of the breast,
- an ultrasound – a painless procedure that shows a picture of the breast tissue,
- a clinical examination – an examination of your breast by a doctor, and
- a needle test – in which a sample of tissue is taken for further tests at a laboratory.

The examinations will be explained to you in full, but please feel free to ask any other questions.

How long will the visit take?

You should set aside the entire morning or afternoon, depending on the time of your appointment, as your visit may take longer than your first mammogram. You can bring someone with you if you like.

Helpful hints

- You may find it more comfortable to wear a top with a skirt or trousers – it makes it easier to undress.
- If you use deodorant or talcum powder, please only use a little on the day of your visit.
- You might need a longer appointment if you have breast implants, if you are deaf or blind or if you have mobility issues or an intellectual disability. Please let us know in advance if you might need extra time for your appointment.

How will I find out the result?

Sometimes the medical staff will be able to tell you the result of the tests on the same day, before you leave the clinic. Some women may need to attend a separate clinic at a later date. Other times you will be contacted in the days after your visit to the clinic with the result.

What happens after the assessment clinic appointment?

Most women will be re-invited for screening in about two years' time, as usual. In the meantime, stay breast aware.

Be breast aware

No matter what age you are, it is important to always be breast aware.

- Know what is normal for your body.
- Know what changes to look for.

What changes should I look and feel for?

- Any lumps or thickening in your breast.
- Dimpling, puckering or redness of the skin.
- A nipple that appears to be pulled-in or flattened.
- A rash or flaky or crusted skin around the nipple.
- A change in the size or shape of your breast.
- Swelling in your armpit or around your collarbone.
- Constant pain in one part of your breast or armpit.

Important: There are many reasons for changes in your breast. Most of them are harmless, but you should get any change checked. If you have any concerns or notice any changes, please visit your GP (family doctor) without delay, even if you have had a recent mammogram.

BreastCheck is a Government-funded programme and part of the National Screening Service.