

What to expect at your appointment

- Approximately 30 minute consultation with either the Family History Breast Specialist doctor OR the Breast Care Nurse Specialist or Senior Radiographer, both working under the direct supervision of the doctor.
- The consultation will include discussion about:
 1. family history details
 2. risk assessment (low/ moderate/ high)
 3. referral to genetics service where appropriate
 4. appropriateness of screening for you (mammograms/ MRI)
 5. other risk factors (hormonal and lifestyle)
 6. past and current breast problems
- You will be offered a breast examination which you may choose to accept or decline. Your decision might be influenced by whether your referring doctor has examined you recently, whether you have any symptoms or perhaps how confident you are about checking your breasts.
- A number of information leaflets will be given to you
- There will be an opportunity to raise any other relevant family history issues
- If you are eligible for a mammogram this will usually be offered to you on the same day. The result will be sent to you and your GP 2-3 weeks later.
- A letter summarising your consultation will be posted to both you and your GP after the appointment.

Other advice

- Bring a book - every effort is made to see patients punctually but for a number of reasons this may not be possible. If you are having a mammogram this will result in a possible further delay.
- Bring a partner/ friend/ relative – not only will they keep you company if there is a delay but you might find it helpful to have someone else listening as you are likely to receive a lot of information during your consultation.
- Find out and confirm as many details as possible about your family history before your appointment