

**Patient Information**  
**RPAH BREAST CLINIC**  
Royal Prince Alfred Hospital  
Gloucester House  
Missenden Road, Camperdown

Our Breast Clinics are **FREE** public clinics that provide a high quality service for the assessment and management of breast diseases.

## **WHAT DO I NEED TO BRING WITH ME?**

- 1) Referral letter and Medicare Card
- 2) Any previous mammograms or breast ultrasounds (these are used for comparison)  
**If these were taken at BreastScreen please let us know so we can obtain copies in time for your appointment**
- 3) The results of investigations already carried out.
- 4) Completed Forms (see enclosed forms)

## **HOW DOES THE BREAST CLINIC OPERATE?**

The Breast Clinic is organized on

- Tuesday afternoons on Level 4 from 1.00 pm to 4.30 pm
- Thursday afternoons on Level 5 from 1.30 pm to 5.00 pm

Each clinic operates three concurrent sessions.

- 1) THE REVIEW CLINIC
- 2) NEW PATIENT CLINIC
- 3) POST-OPERATIVE CLINIC

**The Review Clinic** is for women who require regular check-ups for breast conditions or for those women who require increased monitoring for high risk. Women at the review clinic are seen by the Breast Physicians, the Registrar or Resident doctor. All women are seen in order of appointment time.

**The New Patient Clinic** is for women who have not attended the clinic previously and who present with a new breast symptom. New patients are generally seen by a consultant, who will take a medical history, carry out a physical examination and arrange further tests if required. The doctor will prioritise patients as appropriate on the day.

**The Post-operative Clinic** is for women who have had recent surgery or are returning for biopsy results. These women are seen by the Consultant or Registrar. The doctor will prioritise patients as appropriate on the day.

Women who require further investigations may have the tests performed during the clinic time. However, if all appointments for ultrasound and biopsies are fully booked, arrangements will be made to attend on another day.

## HOW LONG WILL I BE THERE?

Your booking time is an indication of a time to be at the clinic and does not necessarily indicate the time you will be seen by the doctor. As additional tests may be required please put aside the whole afternoon to attend the clinic.

We will try to see you as quickly as possible, however, we cannot guarantee you will be in time to collect children from school or child care. It would be reasonable to make arrangements for children to be collected from school and cared for afterwards.

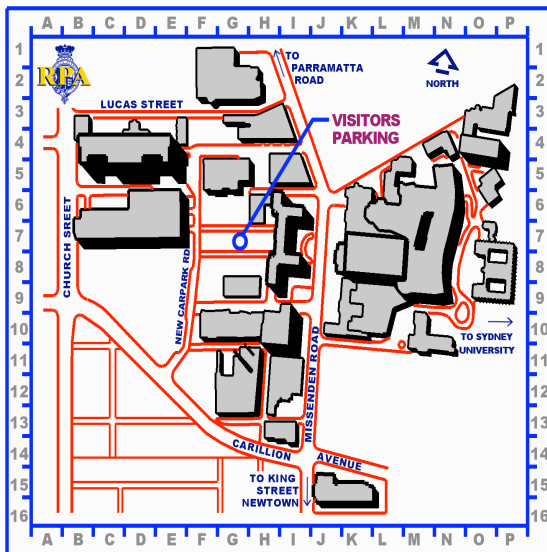
A medical certificate can be given for absence from work. Please enquire at reception.

## GENERAL INFORMATION

### Location

The Royal Prince Alfred Hospital is on Missenden Road at Camperdown. The breast clinics are in Gloucester House which is entered via the main hospital entrance and across the connecting bridge on Level 5.

On arrival, you should report to the volunteer's desk near the lifts on level 5 or see the receptionist.



Gloucester House

### Buses

All buses with the exception of buses number 370 and 352 stops at the Railway Square bus terminus on the George Street side. Buses Numbers 412,436,438, 483 and 440 depart form Bus Stop D while Buses Number 422, 423,426 and 428 departs from Bus Stop C.

Route No's	Origin/destination	Bus stop	Frequency
412	Campsie railway station to City	Missenden Road	Every 30 mins
436,438,440, 483	Parramatta Road to City	Parramatta Road	Regular
422,423,426, 428	Via City Road to City	King Street Newtown near Missenden Road	Regular
352	Marrickville Metro to Bondi Junction	King Street Newtown near Missenden Road	Every 20 mins

## Trains

The nearest railway stations are Newtown (King Street, Newtown) and MacDonalddtown (Burren Street, Erskineville). Both are a 20 to 30 minute walk from Gloucester House.

## Taxis

A taxi rank is located outside the hospital near the Emergency department or can be ordered for you at the main foyer, Level 3.

## Parking

Parking is available at:

- Basement of the Medical Centre, Carillon Avenue. \$5.00 per hour.
- Car park behind King George V Hospital. Access from Missenden Road. \$5.00 per day (correct change required)
- St John's College Car Park, Missenden Road.  
\$4.00 per hour – maximum \$15.00
- Metered parking in surrounding streets.

Patients in wheelchairs or with limited mobility should enter via John Hopkins Drive from Missenden Road. Drive around the back of the hospital and enter Gloucester House from level 2. There are 3 designated parking spaces for Gloucester House.

## YOUR FIRST APPOINTMENT

On your first visit you will be asked to complete a registration form. We need this information so we can provide you with the appropriate care. Royal Prince Alfred Hospital abides by the NSW Health Department privacy regulations relating to the confidentiality of personal information.

## BILLING

The RPAH Breast Clinic is a free clinic for all Australian citizens and Permanent Residents, all consultations and treatment fees would be charged to Medicare, please present your card when arrive for your appointment.

**If you are an overseas visitor or do not have a Medicare card**, you will be given an account for your doctor's consultation and any treatment fees. Please pay this account at the time of your consultation or treatment. Your account can be paid by Visa, MasterCard, Bankcard, cash or cheque at the Patient Account Office located on level 5 of Gloucester House.

## STAFF

Whilst at the clinic you may be seen by:

**A Breast Consultant** – a surgeon with particular interest in breast diseases and specialist training in breast surgery.

**A Breast Physician** – a general practitioner with specific interest in breast diseases and training in diagnosis and management.

**A Radiologist** – a doctor with specialist training in breast imaging interpretation and diagnostic procedures.

**A Radiographer** – a trained technician, skilled in performing breast X-rays.

**A Breast Care Nurse** – a nurse with specific training in breast care including practical, social and emotional concerns.

## **POSSIBLE DIAGNOSTIC TESTS**

### **Mammogram**

A mammogram is a low-dose X-ray of your breast. For women older than 35 years, this is the most commonly used imaging investigation. During this procedure the breast is compressed for several minutes so a technically accurate view can be obtained. The compression may be uncomfortable but is generally not painful for most women.

### **Ultrasound**

An ultrasound uses sound waves to obtain an image of the breast. It provides additional information about an identified area in the breast. It is useful to define differences between fluid-filled and solid lesions.

If you are younger than 35 years, or if you are pregnant or breast-feeding, you will usually have an ultrasound. This is because your breast tissue is likely to be dense and it is difficult to see changes in dense breasts with a mammogram.

### **Needle Biopsy**

During a breast biopsy, a small amount of breast tissue is removed so it can be examined under the microscope.

- ***Fine Needle Aspiration Biopsy (FNAB)***

During an FNAB, a thin needle is inserted into the breast to remove some cells.

- ***Core Biopsy***

A core biopsy is done under local anaesthetic, which numbs the area in the breast. A needle is inserted to remove a thin core of tissue. Mammography or ultrasound is usually used to guide the needle into the abnormal area.

### **MRI**

MRI is performed in young women with an increased risk of breast cancer where dense breast makes it difficult to see abnormalities in routine mammograms

## **HOW DO I BOOK MY NEXT VISIT?**

If the doctor asks you to return for a follow up visit, please make an appointment at the reception desk before you leave. We are able to book clinic appointments and mammograms twelve months in advance. If you are to have an ultrasound prior to your next appointment arrangements will be discussed with you.

**For any further information about the Breast Clinic please do not hesitate to ask our volunteers or speak to the Breast Care Nurse.**

## **CONTACT NUMBERS**

Reception 9515 7695

Breast Care Nurses 9515 6047

Breast Clinic Coordinator

9515 8844