

## **Breast Care Service**

### **Useful information**

#### **Before Treatment**

If you want any further information about the treatment for breast cancer, please refer to Breast Cancer Care booklet “Treating Breast Cancer” this booklet describes the range of treatments you may be offered. For individual information contact your Breast Care Nurse / Key worker. If you would like to see your consultant for a further discussion this can be arranged.

#### **Contraception and Hormone replacement therapy (HRT)**

Whatever stage of treatment you are at, it is important that you use contraception and do not become pregnant, absence of periods does not necessarily mean that you are infertile. If you think you may be pregnant at any time during your treatment, please let us know.

It is generally not advised to use a hormone based contraceptive such as the “Pill”. You may like to discuss this further with your GP or Family Planning Clinic.

If you are taking HRT, you may be asked to stop and may want to discuss this further with your GP. If you go on to develop menopausal symptoms and would like some advice please contact the Breast Care Nurses.

#### **Breast Forms (prosthesis)**

Post-operative forms will either be given to you prior to your discharge or posted to you. Two post-operative “softies” are supplied, one to wear and one to wash – they are best hand washed.

Permanent breast forms are supplied and fitted in the Orthotics Department approximately 8 – 9 weeks after your surgery and an appointment will be sent to you.

Orthotics Dept. Tel: 01603 287441 or 01603 287442 (this has an answer machine)

For more information about breast forms / prosthesis and suitable bras refer to Breast Cancer Care booklet “Breast prostheses, bras and clothes after surgery”.

#### **Fit Notes (Sick Certificates)**

Please ask the Ward staff as early as possible prior to going home, they can arrange for a certificate to be issued to you on your discharge.

#### **Free Prescriptions**

Patients undergoing treatment for cancer, the effects of cancer or the effects of cancer treatment can now apply for exemption certificates from their GP surgery.

## **Patients' Travel Claims**

You may be able to claim help towards travel expenses to the hospital if you are in receipt of certain government benefits. Please ask for "Patients Travel Claims" information leaflet or visit the Patient Services Dept, Main Corridor, Level 2, East Block, NNUH. Tel no- 01603 289769  
Mon. Fri. 9.30 – 16.30

If you have any concerns or problems following surgery contact:

Breast Care Nurses: Tel No: 01603 286732 (symptomatic)

or

Breast Screening: Tel No: 01603 286728  
(Monday to Friday 9.00-17.00).

Weekends, Bank holidays and evenings contact your own GP or Earsham Ward Tel no: 01603 289950

