

# Breast ultrasound

## Information for Patients

**Ultrasound** is a non-invasive examination widely used in breast disease diagnosis. It enables the assessment of breast structure, state of milk ducts, and connective tissue and lymph nodes in the axillary fossa.

### How to prepare?

- The examination does not require any special preparation.
- In women, the test is best performed during the first half of the monthly cycle, between day 5 and 10 of the cycle, but can also be performed on other days of the cycle and during breastfeeding.
- The examination may be done at any time of the day.

### When to conduct?

**Breast ultrasound should be performed in any patient who noticed worrying symptoms such as:**

- change in the size or shape of a breast which does not subside after their period,
- palpable lumps or thickening in the breast or under the arm,
- changes in the skin colour of the breast,
- dimpling, wrinkling or peeling of the breast skin,
- lesions in the nipple area, including discharge,
- breast pain of unknown origin.

### What to bring?

- ID card, original copies of previous diagnostic test and hospital discharges, if the stay was related to the examination.
- If the patient received a paper medical examination referral or an e-referral code – it should be brought with them.
- A questionnaire containing important information such as pregnancy, use of hormone replacement therapy, or previous breast surgeries (the questionnaire is available on our website, or you can also obtain it at the medical centre before the examination or at [www.luxmed.pl](http://www.luxmed.pl) under the “**Test preparations – Breast ultrasound**” section).

### Are there any contraindications?

**No**, breast ultrasound is completely safe. Examination can be performed also in young women, as well as in pregnant or breast-feeding women.