

REFERRAL GUIDELINES - BREAST CLINIC



Western Health

Please review guidelines before referring patients. Please include as much detail as possible to assist us to accurately triage the referral. Fax referrals to 8345 6856.

Specialist review prior to image guided or clinician biopsy of lesions is preferred.

Where imaging is undertaken, please advise patients to

- Take previous films for the radiologist to review AND
- Bring films/disks to their hospital appointment.

Family history guidelines:

Specify all family members including whether they are a 1st or 2nd degree relative, their relationship to the patient and age of diagnosis if known who have had:

- breast cancer +/- ovarian cancer, bilateral cancer or male breast cancer.

Please include whether the patient is of Ashkenazi heritage.

SYMPTOMS	RECOMMENDATION
Breast Pain	
Chest wall pain	GP to treat
Thickening or nodularity consistent with hormonal change	Review in 2 or 3 months
Discrete lesion	Yes – Imaging* then refer No - Review in 2 to 3 months
Pain/nodularity persists after 2 months	Imaging* then refer
Lumps	
Thickening or nodularity with hormonal change	Clinical review in 2 or 3 months
Discrete lump(s)	Imaging* then refer
Nipple Discharge and Change	
Bilateral on expression only No discrete lesion No blood	Reassure, encourage not to express. Review in 2-3 months
Unilateral spontaneous discharge	Imaging* then refer
Blood discharge Single duct discharge	Imaging* then refer
Nipple inversion/ change (< 3 months) Nipple eczema (i.e. new)	Imaging* and refer

RESULTS OF IMAGING	RECOMMENDATION
Normal or No discrete lesion (Category 1)	
Consistent with Clinical exam	Reassure patient. Advise Breast self awareness Advise age >50 two yearly mammogram – BreastScreen 13 20 50 http://www.breastscreen.org.au/
Inconsistent	Refer
Benign (Category 2)	
Simple cysts	Not palpable - reassure Palpable – refer for aspiration
Complex cysts	Not palpable: • Age <40 years old - reassure and re-examine 6/12 • Age >40 years old - re-examine and re image 6/12 Palpable - refer
Solid lesions (plus no clinical abnormality) Age < 25 years old	Reassure
Age 25 – 35 years old	Repeat ultrasound at 6 months + stop if no change
Age > 35 years old	Refer
Indeterminate (Category 3) and Suspicious (Category 4) / Malignant	
	Refer as per Breast Cancer Referral Guidelines

