

Breast Cyst

Patient Information



Aintree University Hospital

NHS Foundation Trust

Breast Unit
Elective Care Centre
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What is a breast cyst?

- A breast cyst is a collection of fluid within the breast (within the breast lobules).
- A cyst feels like a lump within the breast.
- It can appear fairly quickly.
- It is often found in women aged 30 to 60 years, but can occur in older women who are taking HRT (hormone replacement therapy).
- They are quite common in women just before the change of life (menopause).

How does the doctor know that it is a cyst?

Any lump within the breast is taken seriously and you will undergo a number of tests to find out what it is.

At your clinic visit today, your doctor or nurse will have examined the breast, to check the lump.

Your hospital doctor or nurse may also have asked for some tests to help make the diagnosis:

- A mammogram - special x-ray of the breast (usually for women aged 40 years and over).
- An ultrasound - a scan of the breasts.
- A needle test - this involves putting a needle into the lump to remove its contents.

The results of all these tests should have been discussed with you.

What treatment do I need?

When putting the needle into the breast lump, your doctor will have been able to remove the cyst fluid.

This is often green, yellow or a watery brown discharge.

Usually, once all the fluid has been removed no further treatment is needed.

Sometimes, if the lump did not completely disappear after removing the fluid, or if the fluid was blood stained, the doctor may wish to do some further tests.

If you have not had the results of this test in clinic today, you will be given another appointment to attend clinic to get the results.

Will I get another cyst in the future?

You may never have another cyst again. However, some women find that another lump appears in a different part of the breast or in the other breast.

If this happens do not panic, but please ask your family doctor (GP) to send you back to the breast clinic to get the lump examined.

It is important that **all** lumps are checked out – do not leave it because you think it may be another cyst.

Further Information:

If you have any questions following your clinic visit(s) then please contact:

Breast Care Nurses
Tel: 0151 529 4082

Acknowledgements:

This leaflet is based upon the Royal Liverpool and Broadgreen University Hospitals NHS Trust patient information booklet 'Breast Cyst'.

The Royal Liverpool and Broadgreen University Hospitals NHS Trust have kindly given their permission for us to use their material.



If you require a special edition of this leaflet

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