

## Patient information

# Nipple Discharge (Benign)

Breast Services

### Introduction

Nipple discharge is a common problem that may worry some women. Usually a nipple discharge is not a sign of cancer (it is benign). Women may make nipple secretions that are white, yellow, grey or greenish colour.

### What causes this condition?

Nipple discharge may occur in some women as part of the normal body changes when growing older.

### How does the clinic doctor / nurse know this is not serious?

In clinic you will have been asked questions about your nipple discharge. You will have been asked whether it occurs from one or both breasts, one or more areas on the nipple, and what colour it is. This information helped the clinic doctor or nurse make a diagnosis.

If you are over 40 years of age, you may have had a mammogram (breast X-ray) and you will have had a breast examination.

When all tests and examinations were finished the results will have been discussed with you.

### Do I need any treatment for this?

Your clinic doctor or nurse will have explained that all is well and no treatment is needed. The nipple discharge is normal for some women.

It is very rare for women to need an operation to stop this problem. Your doctor / nurse will talk to you about this if this would be helpful.

### Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## Further information

### Breast Nurse Practitioners

Tel: 0151 706 2931

Text phone number: 18001 0151 706 2931

### Breast Care Nurses

Tel: 0151 706 2927

Text phone number: 18001 0151 706 2927

## Your family doctor (GP) or Practice Nurse

### Breast Cancer Care

Tel: 0808 800 6000

[www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

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Review date: May 2023

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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