

**Patient
Information**

One Stop Neck Lump Clinic

Introduction

This leaflet explains what happens when you are referred to the One Stop Neck Lump Clinic as a result of your GP finding a lump that they think needs further investigation. At the clinic we aim to, where possible, carry out all of the investigations that are necessary to diagnose your problem.

What will happen at the clinic?

You will be seen by a senior doctor who will ask you for details of your medical history. The doctor will examine your neck and may need to examine the inside of your throat. This will be done using a small flexible camera called a nasoendoscope.

If the doctor thinks it is necessary, he will recommend that you have an ultrasound scan done in the same department by our radiologist. This may be done on the same day, or we might ask you to come back to one of our imaging departments on another day.

Gel will be placed on the skin and a probe passed over the area where the lump is, the scan will be painless.

They may recommend that a biopsy (a sample of cells) is taken from the lump. The ultrasound scan may be used to give the doctor a clearer picture of the lump when taking the sample. A sample of cells will be taken from the lump, using a needle and syringe. It will feel similar to having a blood test.

The cells will then be examined under a microscope by a cytopathologist to ensure an adequate sample has been taken.

If, for any reasons, not enough cells were taken, the process may need to be repeated.

By carrying out these investigations, the doctor will be able to tell you if you need any further investigations or if you can be discharged.

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Results

It may take a couple of hours to get the results of the biopsy, so it can be a good idea to bring someone with you for company, or something to keep you occupied.

Remember to allow time if you are parking in the 'pay and display' hospital car park (we would suggest 3 hours).

When the results are ready you will see a doctor again who will explain the findings fully and advise on the next steps. Your case may need to be discussed at a Multi-Disciplinary meeting, which is held on a Tuesday morning, where expert consultants, radiologists, histopathologists, cytologists and other members of the team will review your results.

Contact Information

If you have any questions or concerns, please contact the Booking Office.

Booking Office

Tel: 0300 422 6941

Monday to Friday, 9:00am to 4:00pm

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>