



**East Kent
Hospitals University**
NHS Foundation Trust

Rapid Diagnostic Lymphadenopathy Service

Information for patients

This leaflet explains the services that we offer at the **Rapid Diagnostic Lymphadenopathy Service**. You will be seen in a safe environment by members of our friendly team, who will look after and support you during your time with us.

Why have I been referred to this service?

Your GP has referred you to this service to investigate your symptoms further. You may have tests to find out what is wrong, and whether or not it could be cancer. It is really important that you come to the first available appointment.

Who is in the team?

Our team is multidisciplinary. Multidisciplinary means it is made up of specialist doctors and nurses as well as support staff. It includes:

- **Consultant haematologists**, doctors who specialise in diagnosing and treating conditions of the blood, including blood cancers.
- **Macmillan Clinical Nurse Specialists (CNS)** who will be your main point of contact while using this service.

Our team is experienced and caring. You can talk to us about any worries or concerns you may have. We will support you during your treatment.

If you would like more information about your illness or treatment, please ask one of our team.

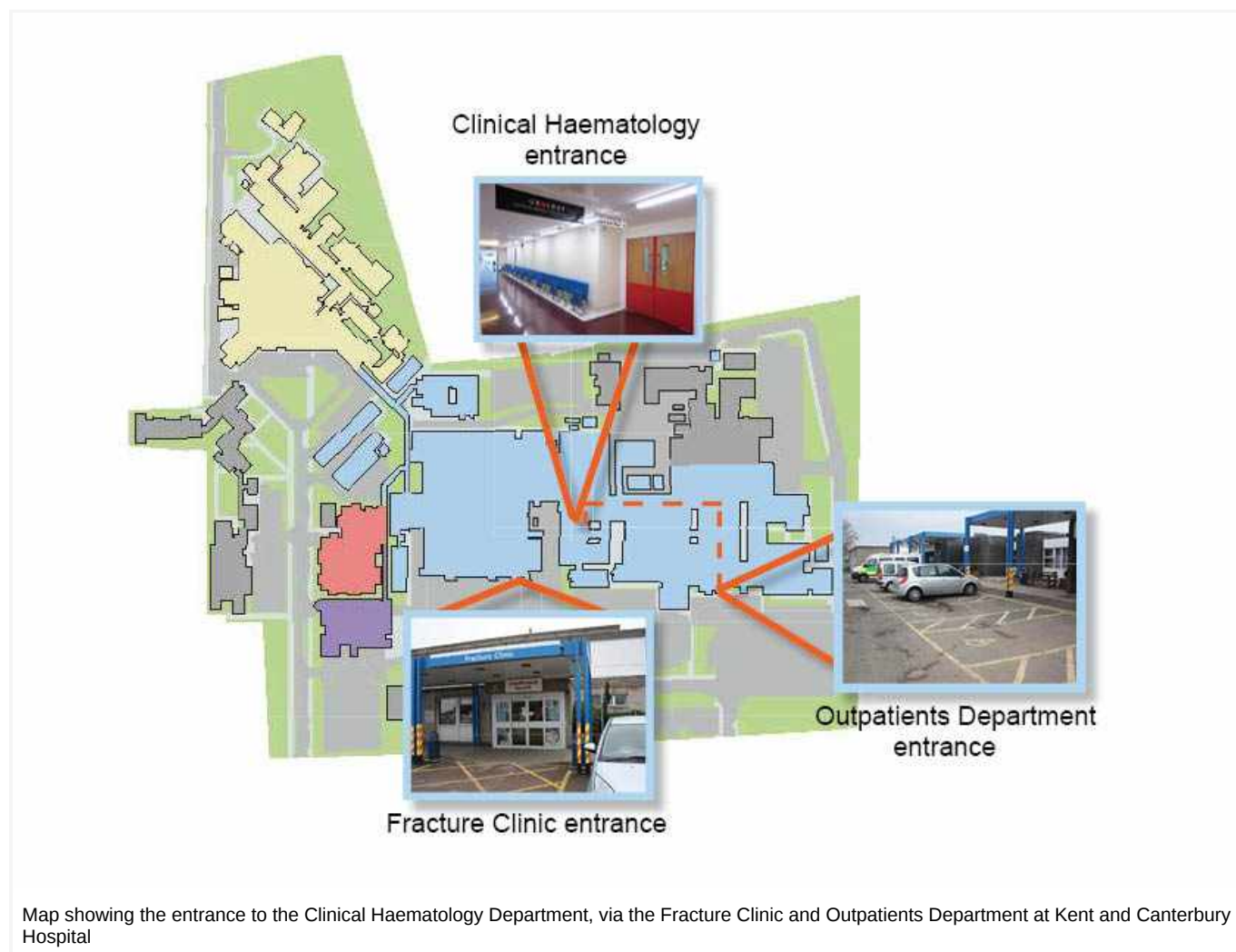
Where is the clinic held?

The Rapid Diagnostic Lymphadenopathy Service is held in the Clinical Haematology Department at Kent and Canterbury Hospital (see map).

Please refer to your appointment letter for the time of your appointment, and whether you need to bring anything with you to hospital.

When you arrive, please check-in at the clinic reception. The receptionist will welcome you and ask you to stay in the reception area until you are called. You also book follow-up appointments here.

We make every effort to keep to your appointment time, but sometimes this is not possible. We will tell you if there are any delays.



Can I bring a relative or friend with me?

You are welcome to bring one family member, carer, or friend with you. Other patients have said how helpful it is to have someone with them, as there may be a lot of information given, especially when getting test results.

What happens at the clinic?

You will be examined in the clinic. If a lump is found or suspected, an ultrasound scan may be arranged, and this will be requested urgently. You may also be asked to have some blood tests, if your GP has not already done this.

When you have your ultrasound scan, the radiologist looking at the scan may do a biopsy at the same time.

If you would like more information on any of the tests you may be offered, please speak to a member of the Haematology Team at your appointment, by telephone 01227 864072 or email (ekhufft.haematologyadmin@nhs.net).

What is a biopsy?

A biopsy involves having a small piece of tissue taken from your lump, using a fine needle. This tissue can then be examined under a microscope to look for abnormal cells. Sometimes it is tested to look for abnormal chemicals, bacteria, or other germs.

Please wear comfortable loose clothing to this appointment. Avoid wearing clothes with metal clasps, this will make some tests easier to carry out.

How long will I be in hospital for if I need a biopsy?

Your appointment should take between one and two hours.

Will the biopsy be painful?

If you have a biopsy we will give you a local anaesthetic injection. This takes only a few minutes to work and numbs the area, so you do not feel any pain during your procedure. The anaesthetic we use is the same as you would have at your dentist.

What are the risks to having a biopsy?

Complications are rare. You may have bruising and bleeding around where the needle went in. You will be given advice on what to do if it bleeds when you are at home. Infection is very rare.

Sometimes a biopsy does not give us a result. If this happens, you may have to have another biopsy or have a different test. It is important to understand, as with all tests, there is a small risk of an inaccurate result or an inconclusive result (not having a result).

Can I drive after my appointment?

Yes, you can drive home after having a local anaesthetic.

When will I get my results?

A follow-up telephone appointment will be arranged with the clinical nurse specialist a few weeks after your first appointment.

If cancer has been found or is suspected, the clinical nurse specialist will explain the next steps for you and will arrange further tests for you if needed. If no cancer is found, a letter will be sent to your GP after your telephone appointment and you will be discharged from this service.

I have been told that my lymph nodes looked benign but I still have symptoms, what do I do now?

Swollen lymph nodes (sometimes called glands) are most commonly caused by an infection or virus, or the body reacting in some way. The symptoms will usually settle in a few weeks.

You may find that resting, drinking plenty of fluids, and taking paracetamol help with your symptoms. If you have been told that there is no cancer but you still have symptoms, ask your GP to investigate further.

How do I make a comment about my visit?

We are committed to improving services by listening to patients, their families, and carers. Our aim is to offer a compassionate and efficient service to all our patients and visitors. Feedback helps us to improve our services for future patients, leading to positive experiences for them and their relatives or carers. However, if you do have a concern, please:

- Speak to a person in charge of the ward or clinic, or your Macmillan CNS: this is often the best way of getting your problem sorted out. We can often do something straight away, which avoids you becoming more anxious or distressed.
- Ask for help through the Patient Advice and Liaison Service (PALS): if you would rather ask for help from someone else, PALS will do their best to help you. If they cannot resolve your problem, then they will be able to give you clear friendly advice as to what your next steps should be. Telephone 01227 783145 or email (ekh-tr.pals@nhs.net) them.

Clinical Haematology contact details

If you have any concerns or further questions, please either speak to a member of staff during your appointment, or contact us on 01227 864072 or email (ekhuft.haematologyadmin@nhs.net).

This leaflet has been produced with and for patients.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145 (tel://+441227783145), or email ekh-tr.pals@nhs.net (ekh-tr.pals@nhs.net)

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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