

Breast Pain Pathway

HISTORY

- Single or both breasts
- Duration of pain
- Relation to periods – cyclical / non-cyclical
- Medication – e.g. OCP / HRT / Antidepressants
- Pregnant

CLINICAL EXAMINATION

- Examine sitting / lying / on side

Red Flag symptoms:

- Lump
- Skin puckering
- Nipple Distortion
- Nipple Discharge - Blood
- Nipple Erosion

2 WW breast clinic referral

Examination Normal – Except for tenderness

Breast or Musculoskeletal?

GP to reassure patient – ‘Nothing worrying found’

‘Breast Pain alone is not a sign of Breast Cancer’

Offer Breast Cancer Care breast Pain leaflet (bcc71)

<https://www.breastcancer.org.uk/information-support/publication/breast-pain-bcc71>

<http://cks.nice.org.uk/breast-pain-cyclical#!scenario>

<https://www.nice.org.uk/guidance/ng12/resources>

Advice / treatment to be given

Topical NSAID , Voltarol / Ibuprofen Gel, twice daily, 2-4 weeks at least

Consider Vitamin D supplements and well-fitting bra

Offer review and examination of patient after 4-6 weeks if pain persists or sooner if pain worsens

- Patient not settled
- No obvious cause for pain
- New symptoms

Consider 2WW Breast Clinic referral

