



Patient ID:

Date of birth:

PREHEAT Heating Procedure

Things to remember:

1. If you are having **only one breast** operated on, then heat **only that one**.
2. If you are having **both breasts** operated on, then heat only your **RIGHT** breast.
3. Heat the breast around **12 hours** before surgery, i.e. at around 7pm the night before.
4. The heating procedure takes about **2 hrs 45 mins**, please allow enough time to complete the entire procedure.
5. Get someone to help you if you need to.
6. **Lie down** and **relax** during the heating procedure.
7. Please write down the **temperature** you heated the water to, the **time** the hot water bottle was placed on and off the breast and **which breast** you heated in the spaces provided on the next page.
8. Any problems, call our clinical research nurse **Ms Billie Coomber** at **07825 016051**.

What you need to complete the procedure

- A saucepan with water
- The thermometer we have given you
- The water bottle we have given you
- A tea towel
- A watch / timer
- A pen
- This form

INSTRUCTIONS

PART ONE

- 1 Place the thermometer screen away from the hob and make sure the screen shows '**OUT**' and the temperature in degree Celsius (**°C**). If not, press on the **IN/OUT** once or the **°C/°F** button once to switch to the correct setting.
- 2 Extend the thermometer probe into the water in the saucepan and make sure the probe does not touch the saucepan.
- 3 Heat water to **43°C**.
- 4 Record the water temperature overleaf.
- 5 **Half** fill the bottle slowly.
- 6 Cover the bottle with a tea towel.
- 7 Lie down and place on the naked breast with the centre of the bottle over your nipple for **30 minutes**.
- 8 Write down overleaf the **time** the hot water bottle was placed **on** and **off** the breast and which breast you heated.

BREAK

- 9 Break for **30 minutes** and allow your breast to cool on its own.

PART TWO

- 10 Tip out the water from the water bottle.
- 11 **Repeat Part One**, steps 2 to 7 with freshly heated water.
- 12 Record the temperature and time overleaf.

BREAK

- 13 Break for **30 minutes** and allow your breast to cool on its own.

PART THREE

- 14 Tip out the water from the water bottle.
- 15 **Repeat Part One**, steps 2 to 7 with freshly heated water
- 16 Record the temperature and time overleaf.

PLEASE COMPLETE THIS PAGE

Which breast did you heat?

(circle)

Today's date:

PART ONE

Temperature of water: °C

Time hot water bottle was placed on breast and was taken off:

on: : PM

off: : PM

Any comments / difficulties?

PART TWO

Temperature of water: °C

Time hot water bottle was placed on breast and was taken off:

on: : PM

off: : PM

Any comments / difficulties?

PART THREE

Temperature of water: °C

Time hot water bottle was placed on breast and was taken off:

on: : PM

off: : PM

Any comments / difficulties?

Please bring this **completed form**, the **water bottle** and the **thermometer** with you when you come to the hospital for your surgery. A member of the research team will collect these from you during your stay at the hospital.

Thank you very much for your participation!