

How will I know the cause?

Once the doctor has checked your general health and done a breast exam, you might be sent for some tests. You might have a mammogram, an ultrasound, and/or some blood tests.

Some women are sent for a special mammogram called a 'galactogram' (sounds like ga-lak-to-gram). During a mammogram, a tiny tube is inserted into the nipple and an x-ray dye is injected through the tube so the doctor can see the milk ducts clearly.

Will I need any treatment?

The treatment depends on the doctor's exam of your breasts and the results of any tests.

Most often the nipple discharge goes away without any treatment.

You might get medicine to control your hormones or you might have your current medicine amounts adjusted.

If the nipple discharge is from a blocked milk duct, you might have minor surgery to fix the duct.

It's good to ask questions

If you have questions or want to learn more:

- Talk to your family doctor.
- Contact one of our Breast Health Clinics.
- Talk to a nurse at HealthLinkBC - call 8-1-1 (7-1-1 for deaf and hard of hearing) or go online at www.HealthLinkBC.ca

We are here to support you!

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

Print Shop #262615 (June 2014)

Nipple Discharge Is this normal?

Breast Health Clinics
Monday to Friday

Jim Pattison Outpatient Care and
Surgery Centre, Surrey 604-582-4563
8:00AM to 4:00PM

Abbotsford Regional Hospital,
Abbotsford 604-851-4806
8:00AM to 3:00PM

 **fraserhealth** Better health.
Best in health care.

Any fluid that is not milk and is leaking out from a nipple of the breast is called 'nipple discharge'.

Is nipple discharge normal?

Nipple discharge is one of the most common breast concerns for women.

Many women have some fluid from their nipple when the breast is squeezed or over stimulated. Some women get it when they take certain medicines (see Causes). This is normal for women before they reach menopause.

There can be more discharge with hormone changes like puberty and menopause than any other time in your life.

After menopause, nipple discharge is not very common.

The fluid can be gray, green, brown or white, or a combination of these colours.

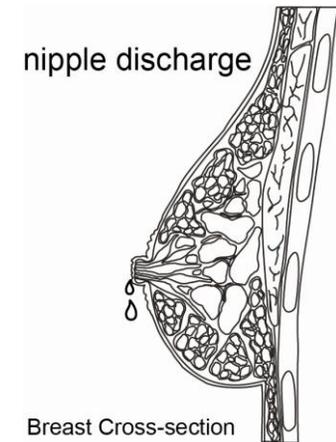
Does nipple discharge mean I have cancer?

While nipple discharge in a woman who is not pregnant or breastfeeding is common, it should still be checked by a doctor. Any nipple discharge in a man should always be checked by a doctor.

Most often nipple discharge is from something other than cancer. However, it can be a warning sign of breast cancer. That is why it is important to get it checked.

Nipple discharge is more of a concern when:

- it happens without squeezing the nipple
- it comes out of only one nipple
- the fluid leaks all the time
- the fluid is bloody
- you notice a lump in the breast with the nipple leaking



What causes nipple discharge?

The nipple discharge could be from:

- squeezing or stimulating the nipple
- hormone changes from sexual stimulation, certain medicine such as birth control pills, blood pressure medicine, anxiety medicine, depression medicine, or ulcer medicine
- breast infection
- blocked milk duct
- a small wart-like growth in the lining of a milk duct
- previous breastfeeding within the last 1 to 2 years
- breast cyst (sac filled with fluid)
- breast cancer