

# No lump or mass identified

## Information for patients

---

### What does this mean when no lump or mass is found?

Your recent imaging scan (ultrasound, MRI, or CT scan) has not shown any abnormal lump or mass in the area that you or your doctor were concerned about. This is reassuring news and means that there is no evidence of a tumour or significant abnormality that can be detected with current imaging techniques.

### Why was I referred for imaging?

You were referred for imaging because:

- You or your GP felt a lump or area of concern
- There was an area of pain, swelling, or changes in the tissue
- Your GP wanted to rule out any underlying abnormality
- It's always appropriate to investigate any new or concerning symptoms.

### What could I have been feeling?

If you felt something concerning, it could have been:

- **Normal tissue variation** - everyone's body feels slightly different in different areas
- **Muscle or tendon** - these can feel firm and may be more prominent in some people
- **Lymph nodes** - these are normal parts of your immune system and can sometimes be felt
- **Fat tissue** - areas of normal fat can sometimes feel different
- **Temporary swelling** - from minor injury, exercise, or other causes that has since resolved.

### Are the results reliable?

Modern imaging techniques are very good at detecting abnormalities, but no test is 100% perfect. The imaging has been reviewed by specialist radiologists experienced in looking for soft tissue abnormalities.

### However, it's important to know that:

- Very small abnormalities might not be visible on scans
- Some conditions may not show up on imaging in their early stages
- Your symptoms and examination findings are also important.

### What should I do now?

**Continue normal activities** - there's no reason to restrict your daily routine based on these results.

**Stay aware of your body** - continue to be familiar with how the area feels normally.

**Don't worry unnecessarily** - these results are reassuring and suggest no significant abnormality is present.

## When should I seek further medical advice?

You should contact your GP if you notice:

### New symptoms:

- A definite new lump or mass anywhere on your body
- Persistent pain in the area that's getting worse
- Significant swelling that doesn't settle
- Changes in sensation (numbness, tingling)
- Any skin changes over the area of concern.

### Changes in existing symptoms:

- If you still feel something and it seems to be growing
- If symptoms are significantly worsening
- If you develop new symptoms in the same area.

## What about follow-up?

**Routine follow-up scanning** is not necessary when no abnormality is found.

**Clinical follow-up** may be arranged if:

- You continue to have symptoms
- Your doctor wants to reassess the area after a period of time
- There are other specific reasons related to your case.

## Could something be missed?

While imaging is very reliable, it's important to understand:

- **Very small abnormalities** may not be visible on current scans
- **Some conditions** may not show typical features in early stages
- **Imaging is a snapshot** at one point in time.

This is why it's important to:

- Continue to monitor the area yourself
- Seek medical advice if new symptoms develop
- Don't hesitate to return if you have ongoing concerns.

## Key points to remember

- **No abnormality** has been found on your imaging
- This is **reassuring** and suggests no significant problem
- You can **continue normal activities**

- Stay **aware of your body** and any changes
- **Seek advice** if new or worsening symptoms develop
- These results are **reliable** but not 100% perfect.

## Frequently asked questions

### Q: If no mass was found, why did I feel something?

A: There are many normal body structures that can feel unusual. Sometimes temporary swelling or normal tissue variations can be concerning.

### Q: Should I have another scan soon?

A: Usually not, unless specifically recommended by your doctor or if new symptoms develop.

### Q: Does this mean I can forget about the area completely?

A: You can be reassured, but it's always good practice to be aware of your body and any changes.

### Q: Could something develop in the future?

A: While these results are reassuring for now, any new symptoms should always be checked.

### Q: What if I still feel worried?

A: It's natural to feel some ongoing concern. Discuss this with your GP who can provide additional reassurance and advice.

## When to seek immediate medical attention

Seek medical advice if you develop:

- A rapidly growing lump
- Severe or worsening pain
- Signs of infection (redness, warmth, fever)
- Significant functional problems
- Any symptoms that worry you significantly.

## Moving forward

These results provide good reassurance that no significant abnormality is currently detectable. You can return to normal activities and routine life while remaining appropriately aware of your body and any future changes.

## Contact information

If you have any concerns or questions, please contact:

- Your GP in the first instance
- The Bone and Sarcoma Service if specifically advised to do so.

---

*This leaflet provides general information only. Always follow the specific advice given by your healthcare team.*