

Appendix 1: Practice model for aspiration of a breast lump¹

You will need:

- a balloon
- flour
- funnel
- bath beads or vitamin E capsules

Steps

1. Blow up the balloon, then deflate it.
2. Using the funnel, fill the balloon with flour.
3. Insert bath beads or vitamin E capsules.
4. Tie the balloon.
5. Using the technique described in Box 1 of the main article, aspirate the fluid from the beads.

Reference

1. Delva D, Tomalty L, Payne P. Fine needle aspiration of breast lumps. *Can Fam Physician* 2002;48:1055-6.