

INFORMATION FOR PATIENTS

Pulmonary nodules

We hope that this leaflet allows you to understand about pulmonary nodules and that it answers your questions. Please do not hesitate to ask if there is anything you don't understand or have further questions.

What is a pulmonary nodule?

A pulmonary nodule is an area of roundish shadowing or 'spot' usually 3cm (approximately 1 inch) or smaller in the lung. It does not usually cause any symptoms but can be seen on a CT scan (Computed Tomography) and sometimes on a chest x-ray. They don't usually cause any symptoms.

Why do pulmonary nodules occur?

Pulmonary nodules are very common. Approximately 1 in 4 (25%) of older people who smoke or who are ex-smokers have nodules on a CT scan. People who have never smoked may also have nodules on a CT scan.

Most nodules are benign (non-cancerous) and may be caused by scarring from previous lung infections. They are very common in people who have had TB (tuberculosis) and can occur in people who have had other conditions such as rheumatoid arthritis. They are also very common in people with exposure to dusts during their work, such as coal dust.

Diagnosing pulmonary nodules

Nodules are sometimes found on a chest x-ray but in most cases they are too small and are only seen when the person has a CT scan. Pulmonary nodules are often found when the person is having a CT scan for another reason.

It is not always possible to know what the cause of a nodule is from the CT scan alone. Because nodules are small, a biopsy (a test performed to get a piece of the nodule) may be very difficult. Instead, we often monitor the nodule by repeating the CT scan after a certain amount of time to see whether it grows.

Benign (non-cancerous) nodules grow very slowly or may not grow at all. On the other hand, malignant (cancerous) nodules will eventually grow, though this can happen slowly. We can check if the nodule is changing by repeating a chest x-ray or CT scan over a period of months or years.

Because nodules can change very slowly there is no point in doing chest x-rays or CT scans any sooner. If the nodule grows or changes in any way then your chest specialist (doctor) may arrange for you to have further tests.

What happens next?

Your chest specialist will discuss your scans and information at a team meeting with other specialist doctors and nurses.

A repeat chest x-ray or CT scan will then be arranged. This is usually done between 3 and 12 months after your first chest x-ray or CT scan, depending on the size and shape of the nodule, but it could be after 9-12 months in some cases.

It may be necessary to have a number of CT scans over a number of years. This will depend on many factors including:

- Your age.
- Whether you have other symptoms or other known cancers.
- Whether you smoke or used to smoke.
- Your general health.
- Your other medical problems (including a history of previous cancer).
- Your own wishes regarding further investigation.

In some cases, you may have another type of scan arranged called a PET-CT. Your chest specialist will discuss the results of the scan at a team meeting with other specialist doctors and nurse specialists. You will then be informed of the scan results either by letter or at an outpatient appointment. This should be soon after your CT or PET scan.

Should you develop any of the following symptoms between your scans, then you should inform your GP or chest specialist as you may need to be seen sooner:

- Pain in your chest.
- Shortness of breath.
- Repeated chest infections.
- Coughing up blood.

Contact details

If you have any questions about this information please contact the chest department at the hospital on telephone 01623 622515, extension 6169 or 3756.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office Leaflet code: PIL202311-02-PN Created: December 2015 / Revised: November 2023 / Review Date: November 2025
--