



## **Ultrasound of the Breast**

### **Definition:**

An ultrasound of the Breast is the examination of the breast tissue using high frequency sound waves.

### **Reason for the Procedure:**

Your doctor may suggest an ultrasound of the breast:

- if there is any changes in your breast, including a lump or an area of thickening
- if you have recently had a mammogram and follow up breast ultrasound is recommended

### **Prior to the Ultrasound of the Breast:**

- If you are unable to keep your appointment, please let us know as soon as possible.
- The procedure will be done in either the:
  - Oshawa site Breast Assessment Centre, or
  - Bowmanville site Diagnostic Imaging Department.
- An Ultrasound Sonographer will perform the procedure.
- You will be asked to change into a hospital gown

### **During the Ultrasound of the Breast:**

- You will be asked questions about your medical history and whether you are able to feel anything in your breast that you can point out to the Sonographer.
- The Sonographer will briefly explain the technical aspects of the procedure.
- You will lie on a stretcher in a darkened room; the room must be dark for the Sonographer to see the picture on the machine.
- The Sonographer will apply a warm gel solution onto a specific area of your breast and then will press on your skin with a transducer to send the high frequency sound waves into your breast tissue for the machine to record your ultrasound pictures.
- The Sonographer will move the transducer around on your breast and underarm area to get a more complete picture of your breast tissue. Most ultrasound exams of the breast are to check a very specific area and does not include the whole breast. Mammogram is considered the best exam for looking at the whole breast.
- You may be asked to change your position.
- You can expect this test to take about 30 minutes.

### **After the Ultrasound of the Breast:**

There should be no after effects from the procedure.

### **When and how will I know the results?**

Your doctor will receive a written report from the Radiologist (an X-ray doctor).

You should obtain your results from your own doctor.

If you have any questions or concerns that have not been answered here, please feel free to ask our staff.

**We are here for YOU.**