



Mammogram

Definition:

A mammogram is a special low dose x-ray of the breast(s).

Reason for the Procedure:

Your doctor may suggest a mammogram:

- as a routine screening test
- if there is any changes in a breast, including a lump or a thickening
- if there is skin discolouration or discharge from the nipple
- if you have a family history of breast cancer.

Prior to the Mammogram:

- You should schedule your appointment when breast tissue is least tender, usually a week after your period.
- Try to avoid caffeinated drinks for several days before exam.
- If there is a possibility you may be pregnant, please notify us, as the procedure may have to be delayed or cancelled.
- If you are unable to keep your appointment, please let us know as soon as possible.

Day of Mammogram:

- Do not wear deodorant, talcum powder, lotion or perfume on your breasts or under your arms.
- **Bring previous mammogram films/images with you** if they were done at another facility.
- The procedure will be done in the mammography department.

- You will need to change into a hospital gown.
- An X-ray technologist will perform the procedure.

During the Mammogram:

- You will be asked questions about your medical history and be asked to complete a history information form.
- The technologist will explain the technical aspects of the procedure.
- You will be asked to stand in front of a special X-Ray machine, which has a platform to place your breast on.
- The technologist will position your breast on the platform and apply compression to the breast tissue to hold it in place and allow for a clearer picture.
- Two pictures will be taken of each breast one from the top and one from the side.
- You will be asked to wait while the technologist develops and reviews your images.
- **Additional pictures may be necessary** to get a clear view of certain breast tissue. These may be done while you are here or you may be asked to return for these extra pictures.
- Also **an Ultrasound may be done** on your breast to get a different look at certain breast tissue.

After the Mammogram:

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.

You may be asked to return for additional mammogram films or a breast ultrasound.

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.