

## PATIENT INFORMATION

### MAMMOGRAM

Your doctor has requested a Mammogram. Here is some information about this procedure.

#### **What is a Mammogram?**

A mammogram is a low dose X-Ray imaging technique of the breasts. This is performed routinely to check for changes in the breast, or when a person, their doctor or another health professional discovers unusual signs or symptoms in one or both breasts, i.e. a lump, tenderness, nipple discharge or skin changes.

It is probably the most important tool doctors have to help them diagnose, evaluate and follow women who have had breast cancer. Mammograms don't prevent breast cancer, but they can save lives by finding breast cancer as early as possible. However, not all breast cancers can be detected by mammography, so women also need to get regular breast examinations by a health care professional.

#### **Do I Need An Appointment?**

Although the mammogram itself will not take very long, most mammogram appointments may require you to attend for as long as 30-45 minutes. We ask if you could please call us to make an appointment or call in and arrange a suitable time.

#### **How do I prepare for a Mammogram?**

Do not wear any deodorant, talcum powder or lotion as this may affect the images. We also advise that you wear a two piece outfit that allows you to undress from the waist up. This ensures your privacy and warmth.

If you have implants please let us know.

#### **Before your examination you must tell us if you:**

- Are pregnant or suspect you are pregnant
- If you have had previous surgery to the breast

#### **What to bring:**

- Referral from your doctor
- All previous films

#### **What will happen during my Mammogram?**

A qualified and specially trained female mammographer will always be present during your procedure. You will be asked to stand facing the mammogram machine and place your breasts on the plate. Our female mammographer will position you to ensure the best images are possible and that you are always in their full view. Once positioned, your breasts will be compressed between two plates which may cause discomfort. The procedure normally takes five to ten minutes. As mammograms are non-invasive and safe, patients can resume normal activity straight after having one.