



WHAT YOU NEED TO KNOW BEFORE YOUR MAMMOGRAM

What is a Mammogram?

A mammogram is an X-ray of the breast tissue. It can identify breast changes when they are too small to see or feel.

How should I prepare for my Mammogram?

- On the day of your mammogram, **DO NOT** use any deodorants, antiperspirants, body lotions, or talcum powders. These products may have metallic components that can appear on the images.
- You may want to wear a comfortable 2 piece outfit as you will need to undress from the waist up and change into a gown for the imaging procedure.
- Please arrive **15 minutes** before your appointment time to allow enough time for registration and time to change into a gown.
- If your breasts are tender, you can take some mild pain relief medication about 1 hour before your mammogram. You can also choose to reduce your caffeine intake (coffee, tea etc.) 1 to 2 weeks before your mammogram as this may reduce breast tenderness.

How long will my Mammogram take?

You should plan to be at your appointment for approximately 45 minutes. This allows time for registration, changing, and imaging; as well as, for time for the technologist and/or radiologist to briefly review your images. The mammogram itself will take approximately 15-20 minutes to complete.

What should I expect during the Mammogram?

- You will be seated or standing in front of a mammogram machine.
- A technologist will place your breast onto a plastic plate on the machine.
- A second plastic plate will press down slowly to flatten your breast and hold it in place for a few seconds. Four (4) pictures will be taken (2 of each breast).
- You will feel some pressure on your breast for a few seconds during the X-ray. This pressure does not harm your breast tissue.
- The technologist will check the pictures to make sure the quality is clear for the radiologist to read. If needed, the technologist may take more pictures.

How will my Mammogram feel?

You will feel some pressure on your breast(s) during the procedure. You may experience some pain/discomfort, but this will only last a few seconds. If you feel pain during the procedure, tell the technologist. The technologist may be able to adjust the pressure.



How long will it take to get the results of my Mammogram?

- It will take approximately 2 weeks to get the results. If you need to come back for extra images or tests, the clinic or your healthcare provider who ordered the test may call you.
- If you do not hear from the mammogram clinic, you can call your healthcare provider for your results.