



Why do I need this test?

A mammogram is an X-Ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer.

Regular mammograms are the best tests doctors have to find breast cancer early before you or your physician can feel it. When their breast cancer is found early, many women go on to live long and healthy lives.

What happens before the test?

- Obtain your prior mammograms and make them available to the radiologist if they were done at a different location.
- Do not use powders, deodorants or body lotions under your arms or on your breasts on the day of the exam.
- Upon arrival, you will be shown to a room where you will remove all clothing and jewelry from the waist up. You will be given a gown to wear during the exam.
- Describe any breast symptoms or problems to the technologist performing the exam.

What happens during the test?

- You will stand in front of a special X-Ray machine. A technologist will place your breast on a clear plastic plate. Another plate will firmly press your breast from above. The plates will flatten the breast, holding it still while the X-Ray is being taken. You will feel some pressure. The steps are then repeated to make a side view of each breast. The other breast will be X-Rayed in the same way.
- You must hold very still and may be asked to keep from breathing for a few seconds while the X-Ray picture is taken to reduce the possibility of a blurred image.

What happens after the test?

- There are no restrictions or limitations after your test, unless otherwise instructed by your doctor. You may resume your usual diet, fluids, medications and activity.
- Please stop at our registration desk to schedule your next annual exam.

