



## 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.