

What is a Mammogram?

A mammogram is a set of x-rays of your breast tissue. It can detect problems in the breast when they are still too small to be felt. A mammogram uses a very small amount of radiation that does not harm you.

How to prepare for a mammogram?

Do not use any oils, creams, talcum, baby powder or deodorant on your underarm or breasts. These products cause problems getting a clear picture. You may want to bring these items with you to use after your mammogram. Wear a shirt, blouse or top that you can take off easily, as you will need to get undressed.



What happens during a mammogram?

You will first undress above the waist and put on a hospital gown. The technologist will ask you a few things about your medical history and answer any questions you may have.

The technologist will then position you in front of the machine. Most women stand up for this test. If you are not able to stand, the technologist will help you get into a comfortable position.

The technologist will then compress one of your breasts between the two plastic plates. This helps the machine get a clear picture of the inside of your breast. The pressure from the plates is uncomfortable but should not be painful. After a picture is taken, the plates are released. You will have two or more pictures taken of each breast. The entire examination will probably take about 30 minutes. If you have any questions, you can plan to be here a bit longer.

What happens after a mammogram?

After the mammogram has been taken you will be asked to wait until the pictures are checked by the technologist. A radiologist (x-ray doctor) will be reading your x-rays at a later date. They will be compared to any older exams you may have had and there is a possibility that the doctor may want you to return for more pictures. If you need to return, someone from the x-ray department will call you

directly to schedule a return appointment. If you do not hear from us, then your exam is complete and the doctor who arranged your appointment initially will receive the results.

When do I find out the results?

The radiologist will send a report to the doctor who sent you for the test. He/she will give you the results.

Is there anything else I should know?

A mammogram is only one test used to find problems in a breast. Your doctor may want you to have other tests as well.

All women should do a breast self-examination each month and visit their doctor for routine check-ups. For more free information or help on breast self-examination, please call

YOUR DOCTOR

OR

CANCER INFORMATION SERVICES

905-387-1153

OUTSIDE HAMILTON CALL:

1-800-253-6750