

Preparing for Your Mammogram

This is a guide to help you prepare for your mammogram visit. A mammogram is a special low dose x-ray. It can detect early breast cancer years before a woman or doctor can feel a lump. Many lives that might have been lost to breast cancer have been saved by regular mammograms. Mammograms do not take the place of physical examinations of the breasts. Each method detects breast cancer that the other might miss.

Before your Appointment

Please arrange to have your previous mammogram films sent to us before your appointment. This is very important because comparing x-rays helps detect problems. You may wish to avoid caffeine the week before your mammogram. Some people have found that avoiding coffee, chocolate, caffeinated coke and tea for at least one week improves the comfort and quality of the exam. Taking a pain reliever such as Tylenol or ibuprofen prior to the examination may help with any discomfort.

Your Scheduled Appointment:

Day:	Date:	Time:
At: <input type="checkbox"/> AMC <input type="checkbox"/> GHC <input type="checkbox"/> EHC <input type="checkbox"/> NHC		

On the day of your appointment, wear a skirt or slacks to make it easy to undress for the exam. To ensure accurate results, do not use anything, including deodorant or powder on your underarms.

What to Expect During Your Exam

A picture is taken of each breast with a special device that compresses the breast. This squeezing helps to improve the detail of the picture. The compression lasts only a few seconds and may be somewhat uncomfortable. Rest assured that the discomfort is temporary and our state-of-the-art equipment reduces the amount of radiation needed to detect very small lumps.

Receiving Your Results

Occasionally the radiologist will want to take another view of your breasts, after he or she sees the initial views. You may be asked to return for this. Don't be alarmed; usually the extra view is helpful to show that no sign of cancer is present.

A radiologist will study and interpret your mammogram. Your practitioner will receive a report about one week after your exam. You will be notified of the results. If you have not heard from us within 2-3 weeks, please call your practitioner. If the results of your mammogram are abnormal, you will need to consult with your practitioner or a surgeon. Your mammograms will be stored at your health center. The results will be part of your health records.