

What is a mammogram?

A mammogram is an x-ray of the breast. It is used to find abnormalities in the breast that you may not detect by physical exam.

This exam is not recommended for pregnant patients

How do I prepare for my test?

- **NO** deodorant, perfume, powders, lotions, or ointments under your arms or on your breasts on the day of your exam.
- If you do wear any of these substances, we do have mammo-wipes that may be used to remove them.
- These substances may obscure the images or show an abnormality that is not really there.

How is the test performed?

- You will be asked to undress from the waist up and will be given a gown to wear.
- You will stand or sit in front of the machine.
- One breast at a time is placed on a cool flat surface and it will be compressed firmly to help flatten out the breast tissue. Compression gives a much better image of the breast. It also reduces radiation and reduces chance of motion for a clearer image.
- Images from different angles are performed to properly visualize the breast tissue.
- Sometimes you will be asked to come back for additional mammogram images and / or an ultrasound of the breast. This does not mean you have breast cancer, but it is a way for the Radiologist to recheck an area that could not be seen clearly on the first test.
- Your doctor will be sent a report once the Radiologist has interpreted the images and you will be sent communication with your results.