



## Preparing For Your Mammogram

If you are pre-menopausal, try to schedule your mammogram the week after your period, when your breasts will be the least sensitive. Avoid having your mammogram the week before your period.

If you have mammography films or images from another hospital or clinic, contact their radiology records department and make arrangements for you to pick them up prior to your mammogram. You will need to bring these to your appointment.

Avoid caffeinated beverages 48 hours prior to your exam, as caffeine could make your breasts more sensitive.

## The Day Of Your Mammogram

Do not wear deodorant or any other powders, perfumes, or lotions under your arms or breast area on the day of your appointment. Residues produced by these items could show up on and interfere with your images.

Wear comfortable clothing to your appointment. Because you will be asked to remove all of your clothes from the waist up, you may wish to dress in two pieces. Gowns will be available for you to wear prior to your exam.

Bring all previous mammography images to your appointment if you had them taken outside the Catholic Health network.

## During Your Mammogram

Once in the mammography room, a specially trained breast technician will perform an initial examination of your breasts for any abnormalities. She will then position one breast on the X-ray cassette. A soft plastic paddle will compress the breast. This compression is necessary to even out the breast tissue so that the entire breast is X-rayed and small tumors are not obscured by overlapping tissue. Compression also provides better images by reducing motion and X-ray scatter.

The technician will stand behind a glass plate and take the first breast X-ray. She will then reposition you to take a side view of the same breast. The procedure will then be repeated with the other breast, for a total of four X-rays or two of each breast. If your breasts are very large or if you have implants, four X-rays might be taken of each breast.



## After Your Mammogram

You may leave immediately following the procedure.

The radiologist will study the mammography images collected and report the results to your physician.

If you are called back for a follow-up breast ultrasound, MRI or additional mammogram views, it means only that the radiologist needs more complete information – it does not indicate that you have breast cancer. Most of the spots detected by mammography are benign.

## Insurance

We will bill your insurance company directly. Please bring your insurance card and referral/authorization form on the day of your exam.

*See us in a new light.*