



What is mammography?

A mammogram is an X-ray of the breast.

Mammography is performed to detect abnormalities or to provide a baseline reference for later comparison.

Before the test

If you are pregnant or think that you may be, inform your physician.

- No dietary changes are necessary.
- Take your medicines as usual.

On the day of the test

Please do not bring valuables such as jewelry.

- Do not wear body powder, cream, deodorant or lotion on your torso the day of the test. These substances may interfere with the X-rays.
- You will be asked to remove all clothing above the waist and you will be given a hospital gown to wear.
- You will be asked to remove all jewelry.
- The test is performed by registered mammography technologists and the X-rays are interpreted by board-certified radiologists.

During the test

The breast is positioned on a radiographic breast support. Compression is applied with a plastic paddle while X-rays are taken.

There may be discomfort or pressure during the 3- to 5-second period of compression. However, compression is necessary to obtain the clearest possible picture with the least amount of radiation.

Your cooperation is essential to obtain clear mammograms. Please inform the technologist if the compression feels excessive.

To minimize discomfort during compression, you may want to consider scheduling your appointment 7 to 10 days after the start of your period.

The breast will be imaged in several positions to enable the radiologist to visualize all breast tissue adequately.

After examining the images, the radiologist may ask the technologist to obtain additional images or a breast ultrasound for a more precise diagnosis. This is a routine measure.

After the test

There may be temporary skin discoloration or mild aching as a result of the compression in the breast area. Aspirin or ibuprofen (such as Advil) may be taken to relieve the discomfort, if you are not allergic to these medications.

Generally, you will be able to resume your usual activities immediately.

Monthly self-examination is also essential

We would like you to keep in mind that, along with following your physician's recommendations on mammography testing, it is essential that you perform breast self-examination every month and have your physician examine your breasts.

Feel free to ask questions

If you have any questions or comments, please feel free to discuss them with your mammographer.

**To schedule an appointment, call 330.721.5350
or toll free 866.721.5350.**