



HOW TO PREPARE FOR YOUR MAMMOGRAM APPOINTMENT

- If you have had a mammogram in the past with another facility, please be sure to fill out our Medical Records Release Form so that we may request your prior images on your behalf.
- On the day of your mammogram, do not wear talcum powder, deodorant, lotions, or perfume under your arms or on your breasts. These substances can cause artifacts on your mammogram making the images harder to interpret (aluminum flecks in some powders and deodorants can mimic macrocalcifications on the x-ray image). We will also have wipes to remove these substances in the event that you forget as well as deodorant wipes for after the images have been taken.
- Wear a two-piece outfit versus a dress to make the experience more comfortable. This way you only have to remove your top and bra for the examination. We will have capes for you to wear while completing the exam.
- Any jewelry worn (especially earrings or necklaces) should be easily removable.
- Any breast symptoms or problems that a woman is experiencing should be described to the technologist performing the scan. Please also be prepared to discuss any pertinent history with the mammography tech including prior surgeries, hormone use, and family or personal history of breast cancer.



Brooke
Mammography Tech



The Woman's Clinic



WHAT TO EXPECT DURING YOUR MAMMOGRAM APPOINTMENT

- Patient preparation involves removing any articles of clothing or jewelry that might interfere with the creation of the x-ray image.
- During mammography, our technologist will position the patient and image the breast. The breast is first placed on a special cassette and gently compressed with a paddle (often made of clear Plexiglass or other plastic.) This flattens the breast so that the maximum amount of tissue can be imaged and examined. Breast compression may cause some discomfort, but only lasts for a brief time during the mammography procedure.
- The technologist will step behind a special shielded glass or may leave the room during x-ray exposure. The patient is asked to hold their breath and remain perfectly still for a few moments while the technologist makes the x-ray picture.
- After all of the necessary views are taken, the technologist will ask you to get dressed and wait while the x-ray images are reviewed.
- After the films are reviewed, the patient will be released from the mammography space.



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