

Medical Imaging

Mammogram

A mammogram is a low dose X-ray of the breast. It reveals masses and micro-calcifications that may indicate cancer. We use digital mammography, which delivers substantial advantages to you and your provider.

Digital mammography:

- Provides higher quality images than traditional film.
- Reduces the number of retakes and repeat procedures

How do I prepare for a mammogram?

- **Scheduling:** Breasts can be tender the week before and during menstruation, so try to schedule your mammogram for one to two weeks after your period starts. If you have breast implants, please notify the office when you schedule the exam.
- **Precautions:** If you are pregnant or think you may be pregnant, please check with your doctor before scheduling the exam. We will discuss other options with you and your doctor.
- **Breastfeeding:** Please notify the technologist if you are currently breastfeeding.
- **Personal hygiene:** Do not use any deodorant, powder, lotion or perfume on the day of your exam. Please remove all piercings and leave all jewelry and valuables at home.



What happens during a mammogram?

- In a private dressing room, you will undress from the waist up and put on a gown.
- The technologist will review your medical history and any symptoms you may have been experiencing related to your breasts.
- You will stand in front of the mammography machine and one breast will be placed on the X-ray plate. A separate flat plate will be brought down on top of the breast to compress it against the X-ray plate.

What happens after a mammogram?

- There is typically no special type of care following a mammogram. However, your health care provider may give you additional instructions depending on your specific health condition.