



200 Fletcher Crescent
Alliston, Ontario L9R 1W7
Diagnostic Imaging Bone Mineral Densitometry (BMD)
Tel: 705-435-6281 Ext. 1298

Mammography Patient Information Sheet

Preparing for your exam

What is Mammography (Mammogram)?

Mammography is the x-ray examination of the breast, done to detect breast disease, particularly cancer.

What are the Advantages of Mammography?

Mammography can detect many types of breast cancer before they can be felt by a person or by their physician.

Early diagnosis of breast cancer, before it has spread, permits simpler surgery and treatment and is very important in prolonging a person's life after diagnosis.

To avoid delays in booking routine tests your appointment may be scheduled on a day a Radiologist (a doctor trained to read x-ray images) is not available to review your images before you leave, so you may need to come back for additional images.

The Exam

- Every mammogram consists of a minimum of 4 images.
 - 1 view of each breast from top to bottom
 - 1 view of each breast from side to side

Additional images may be necessary to visualize all of your breast tissue and complete the exam.

- Although you may have some discomfort while each image is taken, the exam should not be unbearable.
- For each image a special paddle on the mammography unit firmly presses the breast against a detector for about 5-10 seconds. Compression is very necessary, as it improves visibility of breast tissue with the least amount of radiation.

Estimated Procedural Time: 20 minutes

Preparation

- **remove all deodorant, antiperspirant or powder**
- **bring elastic or clip to keep hair back**
- **wear a two-piece outfit, as you will need to undress from the waist up**

After your Mammogram

It will take approximately 7 business days for the report to be sent to your doctor.

The Radiologist, may request follow-up images and/or ultrasound of a specific area(s) of the breast, after reviewing the initial images. This request is normal procedure (one in eight women require follow-up after a screening mammogram) and does not necessarily indicate a problem.

The request will be sent to your own doctor, who will then arrange an appointment for the follow-up images. OBSP patients will be contacted directly to return for follow up images and/or ultrasound. If no additional images are necessary, you and your doctor will get results in about 2 weeks.