

# MAMMOGRAPHY (screening)

## Exam Overview

### *What is Mammography?*

A mammogram is a safe low-dose X-ray procedure that takes pictures of the internal tissues of your breasts. A mammogram is a simple exam, performed as a screening or diagnostic study, to determine the possibility of irregularities within the breast. It can reveal areas too small or deep to feel, which may or may not require further investigation.

The mammogram will be performed by a radiologic technologist who has completed rigorous training dedicated to mammography. She works under close supervision of the radiologist to assure the most accurate results from your examination.

You will be asked to undress from the waist up. The technologist will position your breast and gently compress it upon the image plate. It is necessary to spread the breast tissue to reduce the thickness of the breast. This allows for lower doses of radiation and the clearest possible X-ray image. You will probably have at least two pictures taken in slightly different positions. The procedure will then be repeated for the other breast. The entire exam usually takes about 15-30 minutes.

## Exam Preparation

### *How to prepare for your Mammography exam*

Please do not apply any powder, lotion or deodorant to the underarm or breast area on the morning of your procedure.

We request that you arrive at the facility 30 minutes before your scheduled appointment to complete patient registration information. We take pride in keeping on schedule. The average time for your procedure to be completed is approximately 30 minutes.

The technologist will perform the procedure and a radiologist will dictate a report to be sent your physician. The results of all examinations will be given to you by your referring doctor. (Results cannot be given to you by the technologist.)

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