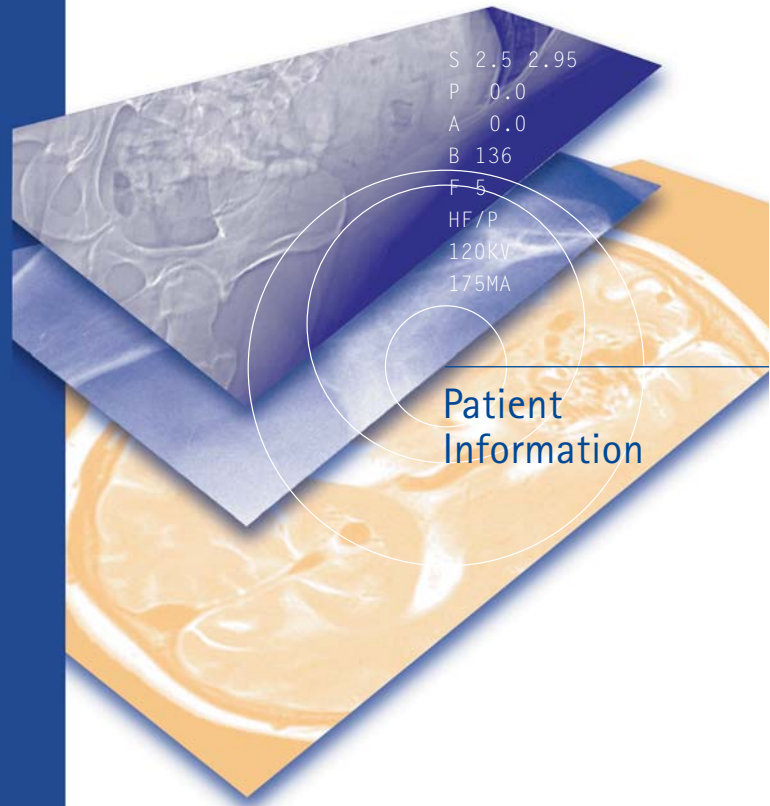


Please bring any previous x-rays with you on the day of your examination

Mammogram



Your next appointment:

Date: _____

Time: _____

What is a mammogram?

A mammogram is a low dose x-ray technique which has been developed specifically for breast examination. It is one of the ways of detecting breast cancer at an early stage, before there are any signs or symptoms of disease.

However, not all breast cancers can be detected by mammography and/or ultrasound.

Preparation

If you experience significant breast discomfort during your period, it may be best to schedule your mammogram to avoid this time.

You should wear clothing that allows you to leave the bottom half on (e.g., slacks, shirt, half slip) but enables you to remove all your clothes on the upper part of your body. This will be better for privacy and warmth.

Do not wear any perfume, deodorant or talcum powder as these can affect the films.

Procedure

You will be asked to stand in front of the x-ray machine. For the best mammogram pictures it is necessary to compress (squeeze) the breast as flat as possible.

Some patients find this uncomfortable but it is essential to obtain clear films.

Further films may need to be taken to ensure a thorough examination.

Charges

Medicare rebate is payable for patients who have symptoms of breast cancer or who have a family history of breast cancer. For patients with a family history, some experts advise mammography examinations should commence at 35 years of age and be repeated at annual intervals.

How long will the procedure take?

You should allow approximately 30 minutes for the procedure.

You may be required to have an ultrasound after the mammogram. This is quite routine and assists with your mammogram diagnosis.

The radiologist will then examine the films and send a report to your doctor.

Keeping films

All mammogram x-ray films should be kept so that these may be compared with each new examination. It is often a minor change in the appearance that leads to correct and early diagnosis.