

Mammogram

Patient Information



What is a mammogram?

A Mammogram involves a low dose xray examination of the breasts, back to the ribcage and the armpit area. Mammography has been specifically developed for and plays an important part in early detection of breast cancer. It is one of the key ways of detecting breast cancer at an early stage, before there are any signs or symptoms of the disease.

However, not all breast cancers can be detected by mammography.

As the equipment used is quite specialised and not available in all practices, you may be referred to a particular location.

What preparation is required?

Importantly do not use perfume, talcum powder or deodorant as this can show up on the xray and impact the accuracy of the image.

Finally, wear a two piece outfit that allows you to continue to wear the bottom section (i.e. pants or skirt) but for ease of examination allows the top section (shirt) to be removed. This will assist with providing privacy and warmth.

If you experience significant breast discomfort during your menstrual period, it may be best not to schedule your mammogram during this time. One week after your period is best, unless the examination is urgent.

Eat and drink normally, and continue to take your usual medications.

What documentation is required?

Bring your referral and any relevant previous xray images for comparison.

Also bring your Medicare card, Pension or Healthcare card or Veteran's Affairs card details if applicable.

What you need to tell us prior to your appointment?

Please advise us if you are pregnant.

If you have breast implants please advise staff of this at the time of booking as a longer appointment may be needed.

What will happen during the examination?

During the examination the breast will be compressed as much as possible to ensure no movement and accurate imaging. Images are taken in different positions to display all parts of the breast.

There may be some discomfort during the compression of the breast, it may even be painful, but this is only for a short time. Although not pleasant, the compression of the breast is essential to the success of the process.

How long will the examination take?

The examination will take approximately 30 minutes.

What can you expect after your examination?

There should be no ill effects after the examination.

Are there any risks?

You will receive a small dose of xray radiation. The benefits of detecting disease are believed to outweigh any potential risks from receiving such a small dose.

Please, however, advise the radiographer if you are, or think you may be, pregnant.

The risk of damage to implants is extremely remote. Minimum compression is used to make this a very safe examination for women with implants.

What happens with the images and reports?

After your examination you may be given a copy of the most pertinent images from your study.

A report will be provided directly to your referring doctor.

We will store digital copies of all studies and reports on our secure patient information system for comparison with any future examinations.

Your appointment details

Date

Time

Location



North Coast Radiology
Clarence Valley Imaging
Chatswood Radiology
Ryde Radiology