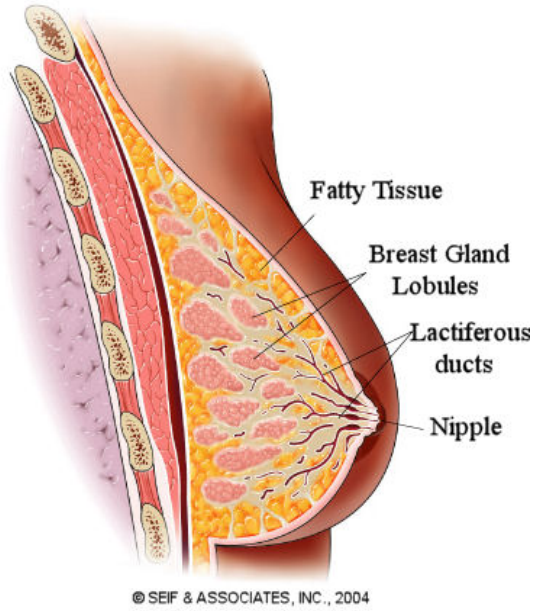
Mammogram

A mammogram is an x-ray to find changes in a woman's breast. If the change is cancer, finding it early is the best way to get treated and cured.



WHO SHOULD GET A MAMMOGRAM?

- Women over 35 years of age.
- Women with risk factors and whose doctor says they should get a mammogram.

HOW SHOULD I GET READY FOR MY MAMMOGRAM?

Do not schedule the week before your period, especially if your breasts are sore during this time.

On the day of your mammogram
At home:

- Wash your breasts and armpits well. This helps to get rid of all deodorant and powder. After washing, do **not** put on any deodorant or talcum powder until after your test.
- Eat and drink as you usually do. You may take your medicines as usual.
- If you are diabetic and take insulin, make sure you:
  - Eat before coming for your test.
  - Take your insulin as usual.
- If you cannot keep your appointment, call before the appointment time to let them know that you cannot come. Also, schedule another appointment.

HOW WILL MY TEST BE DONE?

- You will need to undress from the waist up. You will put on a hospital gown.
- The technologist doing your mammogram will put your breast on the mammogram machine, and press firmly on your breast with a piece of plastic called a compression paddle.
  - This will make your breast flatter so that the machine can x-ray all parts of your breast. This may not be comfortable for you. If you have very tender breasts, you may find this a little bit painful.
- Both breasts will be x-rayed. Each breast will be x-rayed from above and from the side. Once in awhile, an x-ray might need to be taken again if the picture is not good enough.
- The mammogram will last about 15 to 30 minutes from the time you come to the mammogram room. After the test, you can go home, or to any other appointments you may have.

ARE THERE ANY SPECIAL INSTRUCTIONS I SHOULD FOLLOW?

No. After your mammogram, you can go back to your usual activities.

HOW WILL I FIND OUT THE RESULTS OF MY TEST?

- If you are in the hospital, the doctor who ordered your test will tell you about your test results when they are ready.
- If you are a clinic patient, your doctor will tell you about your results at your next clinic appointment.
  - Be sure to keep this important appointment. If you do not have a follow-up clinic appointment, call and schedule one with your doctor.

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