

## Mammography

### Patient Information

#### What is a Mammogram?

A mammogram is a specialised breast x-ray which displays all the tissue of the breast, back to the underlying ribcage and the armpit area.

#### Why do you need a Mammogram?

Mammograms are currently the most effective method for detecting small breast tumours before a lump can be felt. Therefore the procedure can be used for both screening and diagnosis.

Screening is basically a 'check-up' on the tissue of the breast, or your doctor may have requested an x-ray to assist in the diagnosis of breast problems.

*However it is still important to do breast self-examination and have regular checks by your doctor.*

#### Prior to the Procedure

1. Eat and drink normally and take your usual medications.
2. Do not use talcum powder or deodorant as this can show up on the x-ray.
3. Bring your referral and any relevant previous x-rays for comparison.
4. Bring your Medicare Card, Pension/Healthcare Card, Veteran's Affairs Card and insurance details if applicable.
5. Wear a two piece outfit for ease of examination.

#### The Procedure

1. A member of staff will explain the procedure and answer any questions you may have.
2. You will be taken to a private room. In the room, the examination will be explained, and you will be given a gown to change into.
3. The x-ray machine presses the breast between two plates to show the breast tissue clearly. For this reason it is best to schedule an appointment, if possible, in the two weeks after your menstrual period, when your breasts are not as tender.
4. The procedure consists of a series of x-rays which take several seconds each.
5. Ultrasound is often requested at the same time as a mammogram and this is often helpful to show cysts and will provide a more thorough examination where breast tissue is dense.

#### Results

A radiologist (a specialised doctor trained to read mammography x-rays) will view the images and write a report for your doctor. He or she may need to physically examine you to compare the images with any tenderness or lump you may have.

If a region of concern is demonstrated by mammography or ultrasound, tissue sampling (biopsy) may be recommended. This may be performed by the radiologist at the same time, or a separate appointment made.

If you are required to have a follow-up examination, and you feel at ease with a particular member of staff, please ask at the time of booking the appointment and we will try to accommodate your request.

#### Questions

This brochure is provided to help you understand the Mammography procedure.

If you have any questions prior to your examination, you can speak with a member of our staff by phoning Patient Services on **132 336**

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