

# EURACARE

## PATIENT INFORMATION FORM

### MAMMOGRAM

#### **Preparation**

Do not schedule your mammogram for the week before your menstrual period if your breasts are usually tender during this time. The best time for a mammogram is one week following your period. Always inform your doctor or radiographer if there is any possibility that you are pregnant.

Is also recommended do not wear deodorant, talcum powder or lotion under your arms or on your breasts on the day of the exam. These can appear on the mammogram as calcium spots.

You will need to undress to the waist, so it is advisable to wear skirt or trousers rather than a dress.

#### **The procedure**

The radiographer will position your breast in the mammography machine and will gradually compress your breast with a clear plastic paddle. You will be asked to change positions between images. The process will be repeated for the other breast.

It may be necessary to proceed to a further investigation of your breast using ultrasound. This is a simple test using soundwaves. It may be possible to perform this during the same appointment as the mammogram, but if not, you will be given a further appointment for another day.



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