

## Mammogram



A mammogram is an x-ray of your breast. It is the best way to detect breast cancer. You should have a yearly mammogram after age 40 or sooner if you have higher risks for breast cancer. Talk to your doctor about your risk factors.

### Arrive on time for your test.

#### To Prepare

- Tell the staff before the test if there is a chance you may be pregnant.
- Do not use deodorant, lotion or powder under your arms or on your breasts the day of your test.

#### During the Test

- You need to undress from the waist up. You are given a paper gown to wear.
- You are asked to stand next to the machine.
- There are at least 2 x-rays taken of each breast.

- The person doing the test needs to touch and move your breast to get it in the right spot for each x-ray.
- Small sticky dots may be put on your nipples to help show them on your x-rays.
- Your breast is squeezed between 2 flat surfaces. This may hurt, but it does not harm your breasts.
- You are told to take a deep breath and hold it while the x-ray is taken.
- Each x-ray takes less than 30 seconds.
- If you have breast implants, more x-rays will need to be taken and the test will take more time.

Test results are sent to your doctor. Your doctor will share the results with you.

### Talk to your doctor or nurse if you have any questions or concerns.

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