



Mammography

What is a Mammography Exam?

Mammography is the procedure used to generate an X-ray image of the breast to screen for any changes in tissue density. An annual mammogram can help detect problems with your breasts. It is used to look for different types of tumors and cysts. Mammography has been proven to reduce mortality from breast cancer. No other imaging technique has been shown to reduce risk, but self breast examination (SBE) and physician examination are essential parts of regular breast care.

Preparing for a Mammogram

1. There are no food or drink restrictions.
2. If you are on medication, continue as directed by your doctor.
3. To minimize breast tenderness, you may want to avoid caffeine ten days prior to your appointment, take Tylenol about an hour before your exam, and/or avoid scheduling your appointment within the week prior to your period.
4. Inform the technologist:
 - If you are pregnant or think you may be
 - If you have any scars or moles on or near your breast
 - If you have had a breast biopsy or surgery
 - If you are breast feeding
5. Do not use any powder, perfume, cream, or deodorant on the day of your exam.
6. Please remember to bring:
 - Your prescription
 - Your insurance card
 - Your referral (if needed)
 - Your most recent mammogram films

What to Expect During the Exam

1. To begin the exam, you will be asked to slip one shoulder out of your robe and your breast will be placed on a flat surface that will be adjusted to your height.
2. The technologist will then lower a plate to compress the breast to a uniform thickness.

- This compression may be uncomfortable, but because of the compression, the pictures will be much clearer and will require less radiation.
3. You will need to hold your breath during the exposure. It will only take a few seconds. When the exposure is complete, the compression paddle will immediately release.
 4. The whole process takes only 15 to 30 minutes.

What to Expect After the Exam

Some patients find that they experience slight discomfort due to the compression. If you experience this, you may want to take Tylenol. Some patients also find there is minor discoloration, also due to the compression. This will go away on its own in one or two days. There is no after care for mammography, and you may resume normal activity directly after your exam. We encourage you to continue performing self-exams between your regularly scheduled mammograms.

About your Results

One of our board-certified radiologists will read the film, typically within 24 hours. Within 48 hours, a report will be sent to the ordering physician, as well as any other physician you may have requested. If you need to pick up your results, you may do so from our medical records departments or by email at medicalrecords@qbradiology.com.

Please feel free to contact our office if you have any further questions.