

## Department of Radiology

### INFORMATION FOR PATIENTS SCHEDULED FOR A MAMMOGRAM

A mammogram is a low-dose breast x-ray that can identify breast cancers, some even too small to be felt. The exam usually takes about 30 minutes and does require some preparation.

#### REMEMBER:

1. Do not put on any deodorant or powder before your exam.
2. Try to wear a two-piece outfit (i.e. skirt and blouse or pants and blouse) because you will need to remove everything from the waist up.

Mammograms usually do not hurt, but it can be uncomfortable when we compress your breasts. After your mammogram, it is important to follow up with monthly breast self-exams. It is important for you to be familiar with your own breasts. After you learn how your normal breast tissue feels, you will be able to recognize a change if one occurs. Most breast lumps are first discovered by women themselves; therefore, doing monthly breast self-exam is a very important part of early detection.

If you are unable to keep your appointment, please call \_\_\_\_\_.  
(Phone No.)

Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

Please call \_\_\_\_\_, if you are going to be late or need to reschedule your appointment or have any questions.