

Mammography

Before scheduling a mammogram, the American College of Radiology (ACR) and other specialty organizations recommend that you discuss any new findings or problems in your breasts with your doctor. In addition, inform your doctor of any prior surgery or hormone use and family or personal history of breast cancer.

Do not schedule your mammogram for the week before your period if your breasts are usually tender during this time. It is also important to limit your caffeine intake for 5 days prior to your exam, as caffeine can cause breast tenderness. The best time is one week following your period. Always inform your doctor or x-ray technologist if there is any possibility that you are pregnant.

The ACR also recommends:

1. Do not wear deodorant, talcum powder or lotion under your arms or on your breasts, on the day of your exam. These can appear on the x-ray film as calcium spots.
2. Describe any breast symptoms or problems to the technologist performing the exam.
3. If possible, obtain any prior mammograms and make them available to the radiologist at the time of your current exam
4. Ask when your results will be available. Do not assume the results are normal if you do not hear from your doctor or the mammography facility.
5. In addition, before the examination you will be asked to remove all jewelry and clothing above the waist. You will be given a gown that opens in the front.
6. Our mammography technologists go to great lengths to make sure you are comfortable during your exam.

If you would like more information please go to www.webmd.com/mammography