

How is mammography performed?

- You will need to undress above the waist and will be given a wrap to wear during the mammogram.
- You and a breast imaging technologist will be the only ones present during the mammogram. The technologist will position each breast, one at a time, on the mammography equipment. The breast will then be compressed, and the x-ray will be taken.
- If you are having a screen-film mammogram, the technologist will take all of the x-rays needed for the examination. She will then develop the films before you leave, to make sure each film shows the right view and exposure.
- If you are having a digital mammogram, each x-ray will appear on the technologist's computer screen, and she will be able to make sure each image shows the right view before positioning you for the next x-ray.
- The entire procedure should take about 20 minutes.

How will I get my results?

Your mammogram will be read by a radiologist. The radiologist will send a report to your physician and your physician will notify you of the results.

Is a mammogram painful?

Breast compression may cause some discomfort for a brief time during each x-ray, but it should not be painful.

Breast compression helps obtain better images by:

- Spreading out the breast so the maximum amount of tissue can be examined.
- Allowing a lower x-ray dose to be used, since the x-ray beams pass through a thinner amount of tissue
- Holding the breast in place to prevent blurring caused by motion.

If you have sensitive breasts, schedule your mammogram at a time of the month when your breasts will be less tender. In general, the week after a period is when breasts are less tender.

