



*Prevention & Medical Care
To Help You Live Better, Longer.*

Preparing for Your Mammogram

This is a guide to help you prepare for your mammogram visit. A mammogram is a special low dose x-ray of the breast(s). Mammograms play a key role in breast cancer screening. They can detect breast cancer before it causes signs and symptoms. Mammograms have been shown to reduce the risk of dying from breast cancer. Mammograms do not take the place of physical examinations of the breasts. Each method detects breast cancer that the other might miss.

Before your Appointment

Please arrange to have your previous mammogram images sent to us before your appointment. This is very important because comparing x-rays helps detect problems.

Your Scheduled Appointment

DATE:

TIME:

CENTER: AMC GHC EHC NHC

Day of your Appointment

On the day of your appointment, **don't apply deodorant, antiperspirant, powders, lotions, creams, or perfumes under your arms, or on or under your breasts.** Some of these contain substances that can show up on the x-ray as white spots.

What to Expect During Your Exam

To get a high quality picture, your breast must be flattened or compressed between two plastic plates for a few seconds. Valley Medical Group utilizes 3D Mammogram technology which can detect small cancers and masses hidden in dense breast tissue much earlier than traditional 2D mammography.

Receiving Your Results

A radiologist will study and interpret your mammogram. Your results will be available within a few days, via your Patient Portal. If the report recommends additional imaging, someone from the Mammography Dept will contact you to return for a diagnostic mammogram. Don't be alarmed; usually the extra views are helpful to prove that no sign of cancer is present. You will also receive an easy-to-understand summary of your mammogram results in the mail, within 30 days of your exam.

Your breast imaging will be stored electronically at your health center. The results will be part of your medical record.