

## Mammography

**Mammography** is an x-ray exam of breast tissue. The image produced is called a mammogram. A **mammogram** can help detect problems with your breasts, such as cysts or cancer. You will need to schedule this test with Central Scheduling (630-856-7070).

### Before Your Test

- Try to schedule the test for one week after your period, when your breasts are less tender.
- Make sure the mammography department gets your previous mammograms if they were done somewhere else. This lets the radiologist compare the old studies with the new studies.
- On the morning of your test, shower or wash your breasts and underarms, but don't use deodorant, powder, or perfume. There are materials in these products that can mimic calcifications or other breast pathology on the mammogram film.
- Wear a top that you can remove easily.

### During Your Test

- You will be asked to undress from the waist up and put on a gown.
- The technologist will position your breast to get the best test results.
- Each of your breasts will be compressed. This helps get the most complete x-ray image.

### After Your Test

- More x-rays are sometimes needed. You'll be contacted to schedule them.
- You should be notified of your test results in writing. Ask about this on the day of your appointment. Please feel free to contact your physician to discuss the results.
- Have mammograms as often as your healthcare provider recommends. Also be sure to do regular monthly breast self-exams.

#### Let the technologist know if:

- You're pregnant or think you may be.
- You have breast implants.
- You have any scars or moles on or near your breasts.
- You've had a breast biopsy or surgery.
- You're breastfeeding.

