

What is a Mammogram?

A mammogram is an x-ray of the breast(s).
Your doctor may suggest a mammogram:

- As a routine screening test
- If there are any changes in a breast, including a lump or thickening
- If there is skin discoloration or discharge from the nipple
- If you have a family history of breast cancer

What should I do to prepare for this test?

- Do not wear any deodorant, talcum powder, lotion or perfume on your breasts or under your arms
- The procedure will be done in the Mammography Department
- Bring previous mammogram images with you if they were done at another hospital or clinic
- You should schedule your appointment when breast tissue is less tender, usually a week after your period
- Try to avoid caffeinated drinks for several days before exam
- If there is a possibility you may be pregnant or you are breast feeding, please notify us, as the procedure will be delayed or cancelled
- If you are unable to keep your appointment, please let us know as soon as possible

What will happen during the test?

- An x-ray Technologist will perform the procedure
- You will be asked questions about your medical history and be asked to complete a history information form
- The Technologist will explain the test to you and you will have a chance to ask questions
- You will be asked to stand in front of a special x-ray machine, which has a platform to place your breast on
- The Technologist will position your breast on the platform and apply compression to the breast tissue to hold it in place and allow for a clearer picture
- Two images will be taken of each breast; one from the top and one from the side
- Ultrasound may be done on your breast to get a different look at certain breast tissue

What will happen after the Test?

- There should be no after side effects from the procedure
- Your doctor will receive the results
- Additional images may be necessary to get a clearer view of certain breast tissue. You may be asked to return for additional mammogram images or a breast ultrasound
- If you have any questions or concerns that have not been answered here, please feel free to ask our staff

Lakeridge Health Oshawa
Breast Assessment Department
Telephone (905) 576-8711 ext34251
Office Hours 8am-4pm

Lakeridge Health Bowmanville
Mammography Department
Telephone (905) 576-8711 ext. 21370
Office Hours 8am-4pm

Lakeridge Health Ajax Pickering
Mammography Department
Telephone (905) 683-2320 ext11434
Office Hours 7am-3pm