

# Mammogram

## What is a mammogram?

A mammogram is a low dose x-ray examination of the breasts. A mammogram may be requested by a referring doctor to gain information about a current symptom or as a follow up test to monitor a previous condition.

Mammograms are also requested as a 'screening' check for women without symptoms. At Cabrini Malvern and Cabrini Brighton, the latest technology of Digital Mammography with Tomosynthesis is available.

## What preparation is required?

No preparation is required.

## What is involved?

On arrival women are asked to remove upper garments and to put on a gown, so a skirt or pants and top may be a comfortable option. Initially two (or more) images are taken of each breast. This is usually done with the woman in the standing position with part of the machine applying pressure to the breast for a short time.

Mammograms are performed by experienced female radiographers with specific training in mammography and breast health information.

A breast ultrasound is often requested as a complementary test at the time of the mammogram or at a later date as a means of gathering more information for a complete examination.

## Are there any side effects?

A small number of women may experience more discomfort at the time of the mammogram. There may be some continuing soreness for a short time, but no long-term ill effects.

## How long will this take?

Approximately ½ hour and about the same amount of time for the breast ultrasound if required. It is recommended to allow for two hours parking, in case of an unforeseen delay.

## How do I get my results?

Digital images are immediately available to your doctor and your records will be kept permanently. This occurs through a system called PACS. **If a priority report is requested it will be issued within two hours and faxed or emailed to your doctor, however this can sometimes take up to 24 hours.**

If your referring doctor wants to see you on the day of your examination, please advise the reception staff when you arrive for your appointment, so the appropriate information can be made available for you to take to your doctor.

**Urgent results can be collected an hour after the examination is completed. Please mention this requirement on arrival at reception.**

## How much will this cost?

Please ask reception staff of the cost involved at the time of booking your appointment.

## Important

**Do NOT have a mammogram if you are or think you may be pregnant.**

It is recommended to make an appointment for a breast ultrasound as well, if it is mentioned on the referral or if you usually have one.

It is important to bring with you your referral, previous x-rays and any other tests (only if previous ones were **not** done at Cabrini or I-MED).

## Questions

For more information or to make an appointment, please contact Cabrini Medical Imaging using the relevant number below.