



*Better
Together*

Patient information

Mammogram

Breast Services Directorate

Royal Liverpool Hospital and Broadgreen Hospital

PIF 272 V7

What is a mammogram?

This is a quick and simple X-ray of the breast, which will be taken by a specialist female radiographer.

What are the benefits of having a mammogram?

A mammogram is a very reliable way of detecting small changes within the breast and can help the specialist to identify any changes you may have noticed or to pick up any changes that are too small to be detected in any other way.

What are the risks of having a mammogram?

- A mammogram is an X-ray which involves only a tiny dose of radiation so the risks are very small.
- Some women will find mammography slightly uncomfortable and a few will find it painful. If you do find it painful this should only last for as long as the mammogram but some women find that their breasts may feel uncomfortable for some time afterwards. The compression (squashing) does not harm the breast.

Before your mammogram

- On the day of your mammogram, **please do not use a spray deodorant or talcum powder.**
- Please continue to take any usual medication.
- **If you have breast implants or a pacemaker please tell the radiographer before your mammogram.**
- **If you have any redness or broken skin under the breasts please tell the radiographer before your mammogram.**

- It is advisable to wear separates rather than a dress as you will need to undress to the waist.

Your mammogram

You will be asked to go into a private cubicle and undress from the waist upwards and will be given a gown to put on and a basket for your clothes.

A specialist radiographer will take you into the mammography room and explain the procedure to you. You will then need to take off the gown. She will then position you at the machine and put your breasts, one at a time, between two special plates and take the X-rays.

The whole process only takes a few minutes and your breasts are only pressed between the two plates for a few seconds each time. Two pictures are usually taken of each breast. You should expect to be in the Unit for around half an hour after your appointment time.

If you have any concerns about your breasts you can report them to the radiographer who will document it so that the specialist reporting the mammogram can take this into consideration.

After your mammogram

- Your mammogram is checked for technical quality only; the radiographer cannot give you results of the mammogram.
- The radiographer will ask you to dress and you will be able to go home.
- You should not suffer any ill effects from the mammogram.

Results

You will either receive your results through the post, or at your next clinic appointment. You should usually receive postal results within three weeks of your mammogram, if you haven't received your result within the three weeks telephone the breast unit.

If you are having yearly mammograms you will get the appointment for the next year with your results letter.

Please ask the radiographer if you are not sure how you will get your results.

What does it mean if I'm called back?

Sometimes the specialist who reports on your mammogram may feel that further information is needed before a report can be made. In that case we would send you an appointment to have another mammogram (further views) or an ultrasound scan. This does not necessarily mean that anything is wrong.

Please remember

A mammogram is not a perfect test. Please be 'breast aware' <http://www.breastcancercare.org.uk/breast-cancer-information/breast-awareness> and if you feel you have symptoms that worry you, please see your family doctor (GP).

Cancellations

If you are unable to keep this appointment, please let us know as soon as possible and we will arrange another one for you.

Further information

Breast Care Unit

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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