A mammogram is an X-ray of your breast. It is the best way to detect breast cancer. You should have a yearly mammogram after age 40 or sooner if you have higher risk for breast cancer. Talk to your doctor about your risk factors.

Arrive on time for your test.

To Prepare
- Tell the staff before the test if there is a chance you may be pregnant.
- Do not use deodorant, lotion or powder under your arms or on your breasts the day of your test.

During the Test
- You need to undress from the waist up. You are given a paper gown to wear.
- You are asked to stand next to the machine.
- There are at least 2 X-rays taken of each breast.
- The person doing the test needs to touch and move your breast to get it in the right spot for each X-ray.

Mammography — это рентгеновское исследование груди. Это лучший метод диагностики рака груди. После 40 лет маммографию необходимо проходить ежегодно, а если у вас высокий риск рака груди, то раньше. Обсудите с врачом ваши факторы риска.

Приготовьтесь
- Если существует вероятность, что вы беременны, сообщите до обследования.
- В день обследования не пользуйтесь дезодорантом, лосьоном или пудрой подмышками или на груди.

Во время обследования
- Вам предложат раздеться до пояса и надеть бумажный халат.
- Вас попросят встать рядом с аппаратом.
- Делается по крайней мере два снимка каждой груди.
- Рентгенолог будет прикасаться к груди и перемещать ее, чтобы она приняла нужное положение.
• Small sticky dots may be put on your nipples to help show them on your X-rays.
• Your breast is squeezed between 2 flat surfaces. This may hurt, but it does not harm your breasts.
• You are told to take a deep breath and hold it while the X-ray is taken.
• Each X-ray takes less than 30 seconds.
• The X-ray may need to be repeated if the X-ray is not clear.
• If you have breast implants, more X-rays will need to be taken and the test will take more time.

When all the X-rays are done, be sure to remove the sticky dots and throw them away. You will be able to get dressed and you can return to your usual activity.

Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any questions or concerns.

© 2009 - February 1, 2021, Health Information Translations.

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children’s Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain treatment.

Mammogram. Russian.