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.
• 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.

• 可能会在您的乳头上粘上小标记点，以便在X光片中显示它们的位置。

• 乳房两侧的两个平板会挤压您的乳房。您可能会产生痛感，但不会对乳房造成伤害。

• 在拍摄X光片时，医护人员会指引您深呼吸，然后屏住呼吸。

• 每张X光片的拍摄最多只需30秒。

• 如果X光片不清晰，可能需要重复进行这项检查。

• 如果您隆过胸，则需要拍摄更多X光片，检查时间会更长。

完成所有X线检查后，务必取出这些标记点并丢弃。穿上衣服后即可恢复正常活动。

检查结果会发送给您的医生。医生会告知您检查结果。

如果您有任何疑问或疑虑，请咨询您的医生或护士。