Mammogram

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 risks 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.
• If you have breast implants, more x-rays will need to be taken and the test will take more time.

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.

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乳房 X 线摄影

乳房 X 线摄影是发现乳腺癌的最佳方法。40 岁之后应该每年拍一次乳房 X 线摄影，如果患乳腺癌的风险更高，则应该更早拍乳房 X 线摄影。告诉医生你有哪些风险因素。

做检查要准时。

准备工作

- 如果你可能有孕在身的话，要在检查开始之前告诉工作人员。
- 检查当天不要在腋下涂除臭剂或在乳房上用润肤液或爽身粉。

检查过程中

- 必须脱掉腰部以上的衣物。工作人员会让你穿上一件纸质长袍。
- 工作人员会让你站在机器旁。
- 每一侧乳房至少要拍两张 X 线摄影。
- 检查人员需要触摸你的乳房并将乳房移到拍 X 线摄影的适当位置。
- 可能会在你的乳头上涂一点黏质物，以便乳头在 X 线摄影上显示出来。
- 你的乳房会被两个平面挤压。可能会疼，但是不会对乳房造成伤害。
- 拍 X 线摄影时，工作人员会叫你深呼吸，并且屏住呼吸。
- 拍每一张 X 线摄影最多需 30 秒时间。
- 如果你隆过胸，则需要拍更多 X 线摄影，而且检查时间会更长。

检测结果会送给你的医生。医生会把检测结果告诉你。

如果有任何问题或忧虑，你可以告诉医生或护士。

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Mammogram. Simplified Chinese

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