

MAMMOGRAM

WHAT IS A MAMMOGRAM?

A mammogram is an x-ray examination to show the tissues of the breast. It can help to diagnose breast disease. It is performed by a female Radiographer in the privacy of the Mammography Room.

Your doctor has decided that this is the appropriate examination to investigate your condition. Any alternative should have already been discussed with you.

IS A MAMMOGRAM FOR EVERYBODY?

A mammogram is not routinely done for patients under 40 years of age. An Ultrasound Scan is normally performed for these patients.

ARE THERE ANY SIDE EFFECTS OR RISKS?

Occasionally there may be some bruising to the breast.

Some patients can feel faint but this is rare.

As radiation is used to produce the picture the patient receives a small dose to the breast. All x-ray procedures involve exposure to radiation in varying amounts. We are all exposed to small amounts of radiation from the atmosphere throughout our lives. Any amount of diagnostic radiation can add slightly to the normal risk of developing cancer. In all x-ray examinations, the amount of radiation is kept to the minimum necessary. Unfortunately, one in three of us are liable to develop a cancer at some stage during our lives, so the added risk from this test is very small indeed. The risk has to be balanced against the possibility of missing a serious disorder from by not having the test

ARE THERE ANY ALTERNATIVES?

Your doctor has decided that this is the appropriate examination to investigate your condition. Any alternatives should already have been discussed with you.

WHAT ARE THE BENEFITS OF HAVING A MAMMOGRAM?

The benefit of the examination is that the doctor is able to diagnose quickly and accurately.

IS THERE ANYTHING I NEED TO DO?

Please do not use any deodorants or talcum powder on the day of your x-ray because these can show up on your images. The Radiographer will show you what to do to help her get good x-ray pictures of each breast.



WHAT IF I HAVE DIFFICULTY STANDING?

A mammogram can be performed either standing up or sitting in a special chair. If you have any difficulties or worries please tell the radiographer before she starts the mammogram.

WILL IT BE PAINFUL?

To get the best pictures we have to compress your breast. You may feel some discomfort but this is only for a very short time and the pressure is released automatically as soon as the picture is taken. The examination should take about 10 minutes.

HOW MANY IMAGES WILL I NEED?

You will have 2 pictures of each breast. The Consultant Radiologist, a specialist in reading x-rays will look at the images. Sometimes a different view is needed or you may need an ultrasound scan of your breast. All the images are double reported and we may have to occasionally re-call you after the second person looks at the images.

WHAT IS AN ULTRASOUND?

This is a different way of looking at your breast.

Some gel is put on your breast and a probe is moved over the breast. A sonographer (a radiographer trained to do ultrasound), or the radiologist will do this test. It is not usually painful.

WHEN DO I GET MY RESULTS?

If you are attending our One Stop Breast Clinics you will take your results back to clinic with you as you leave the X-Ray Department.

If you are a follow up patient, your results will be sent back to your Consultant and you will be given your results at your next clinic appointment. Your Consultant may write to you if you are not due to be seen in the near future.

If you are attending from your GP your results will be sent back to your surgery.

IF YOU NEED TO ASK ANY QUESTIONS.

You can ring the department **between 9am and 5pm on 0161 922 6305.**

An experienced radiographer will be able to answer any questions.

Ask the radiographer on the day or use the space below to write down any questions you may have and bring the form with you.



SOURCE

In compiling this leaflet, a number of recognised professional bodies and accredited good practice guides have been used.

Should you have a visual impairment, this leaflet can be made available in bigger print or on an audiotape. If you require either of these options please ring 0161 922 6255

Language, Interpretation and Patient Support Service (LIPS):

If you require an interpreter to assist your appointment, please ask an appropriate family member to contact our central booking office between **Monday to Friday 8am to 5pm** on **0161 922 6991** to arrange this for you.

語言翻譯及病者支持服務 (LIPS)

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (*Language, Interpretation and Patient Support Service* LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (*Central Booking Office*), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od **08:00 - 17:00** pod numerem **0161 922 6991**.

لیٹگوئج، انٹریپریٹیشن اینڈ پیٹینٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

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