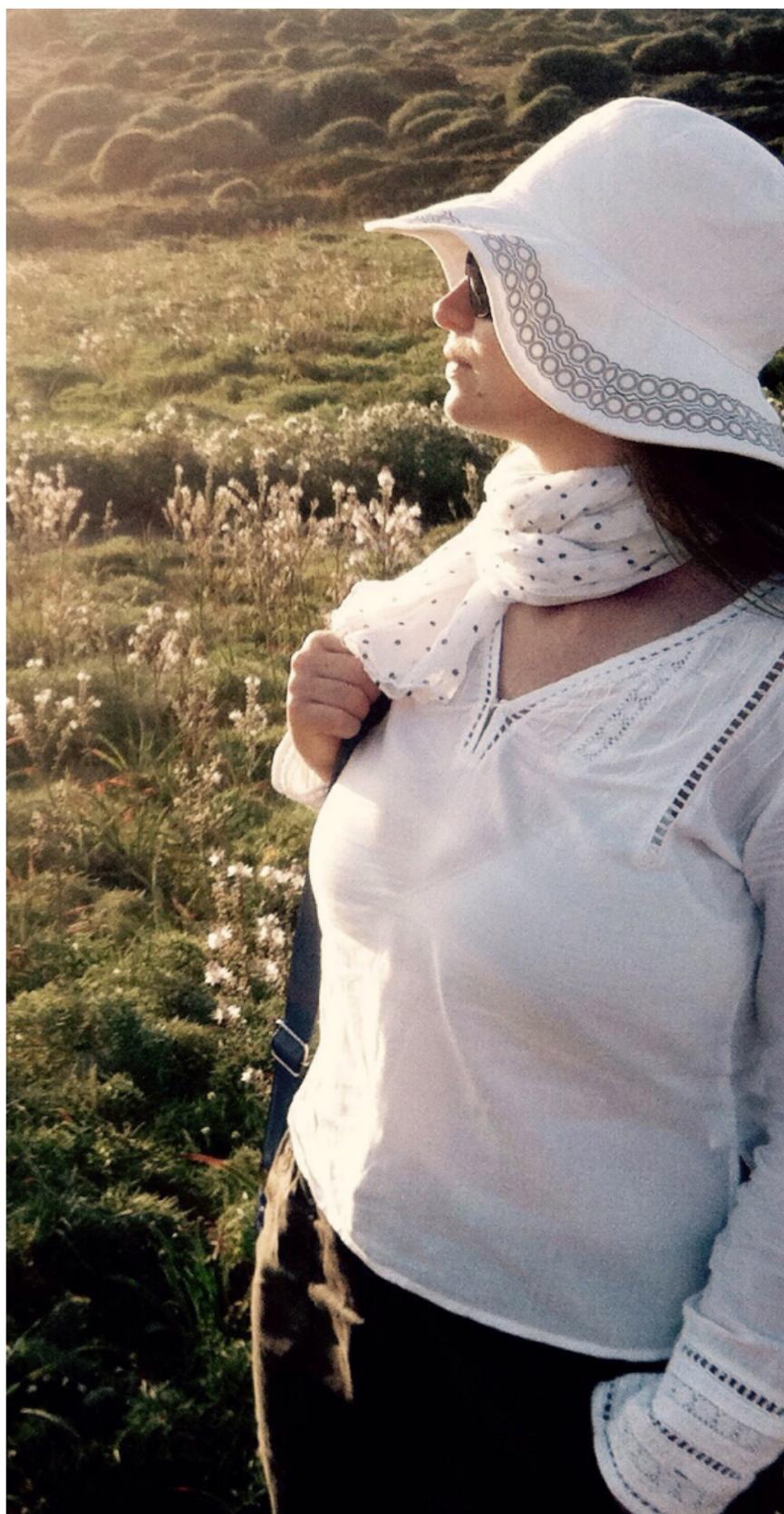




# Tips for Getting a Mammogram



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- Use a facility that specializes in mammograms and does many mammograms a day. Ask to see the FDA certificate showing that the facility meets high-quality standards.
- Try to go to the same facility every time so that your mammograms can easily be compared from year to year.
- If you have had mammograms at another facility, you should try to get those records to bring with you to the new facility (or have them sent there) so the old pictures can be compared to the new ones.
- If you're going to a facility for the first time, bring a list of the places and dates of mammograms, biopsies, or other breast treatments you've had before.
- On the day of the exam, don't wear deodorant, powder, or cream under your arms. Some of these have substances that can show up on the x-ray as white spots.
- You may find it easier to wear a skirt or pants, so that you'll only need to remove your top and bra for the mammogram.
- Schedule your mammogram when your breasts aren't tender or swollen to help reduce discomfort and get a good picture.
- A technologist will position your breasts for the mammogram. Most technologists are women. You and the technologist are the only ones in the room during the mammogram.
- The whole procedure takes about 20 minutes. Your breasts will be compressed between 2 plastic plates. The actual breast compression only lasts a few seconds.
- 2 views of each breast are usually taken for a screening mammogram. For some women, such as those with breast implants or large breasts, more pictures may be needed.
- You may feel some discomfort or even pain when your breasts are compressed. If you have pain, tell the technologist so she can try to make the compression more comfortable for you. The discomfort should last only a few seconds.
- If you don't hear from your health care provider within 10 days, don't assume that your mammogram is normal. Call your provider or the facility if you do not get your results.

Most mammograms do NOT lead to a diagnosis of breast cancer.

Getting called back after a screening mammogram is fairly common. It doesn't mean you have cancer. Often, it just means more pictures or an ultrasound need to be done to look at a certain area more carefully.

Getting called back is more common for first mammograms (or when there's no previous mammogram to look at) and in mammograms done in women before menopause.

A mammogram is an x-ray of the breasts that's used to look for breast cancer in women. Mammograms can find breast cancer while it's still too small to be felt. Finding cancer like this, when it's small and hasn't spread, gives the best chances of treating it with success. Use these tips to get a good, quality mammogram.

For more information on how to find breast cancer at its earliest, most treatable stage, visit **[www.cancer.org](http://www.cancer.org)**, or call the American Cancer Society at **1-800-227-2345**. We're here when you need us – 24 hours a day, 7 days a week.



[bbb.org/charity](http://bbb.org/charity)

[cancer.org](http://cancer.org) | 1.800.227.2345  
1.866.228.4327 TTY

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When we walk together, we're one step closer to beating breast cancer.

[MakingStridesWalk.org](http://MakingStridesWalk.org)