

Mammography is a specialized x-ray examination that uses a low dose radiation to examine the breasts. Mammograms aid in the detection and diagnosis of breast diseases.

HOW TO PREPARE FOR A MAMMOGRAM

To prepare for your exam, please note:

- Discuss any problems or concerns with your breasts with your physician prior to your appointment so the correct exam can be ordered
- You will be asked to wear a gown
- If you are wearing any deodorant, powder, or lotions to your procedure, you will be asked to remove it (the clinic will provide wipes and deodorant pads for your convenience)
- Remove metal objects
- Arrange for someone to watch your children in the waiting room during your exam; you may not bring children into the exam room.
- **Diagnostic Mammograms Only:** bring previously obtained breast imaging on a CD-ROM to your appointment; if this appointment is a follow-up to a breast procedure performed elsewhere.

Please arrive 15-20 minutes early for your appointment to have time to fill out the paperwork associated with your imaging exam. The technologist will be happy to answer all your questions prior to your exam.