

Prepare for a MAMMOGRAM

A mammogram is an X-ray image of your breasts. It can be used either for breast cancer screening or for diagnostic purposes, such as to investigate symptoms or unusual findings on another imaging test.

Patient Safety Tips Prior to a Diagnostic Exam in Radiology

- Please let us know if you have any allergies or adverse reactions to medications.
- Please leave your valuables at home or in your room in the hospital.
- Please let us know if you need interpreting services, this can be arranged for you.
- Late arrival policy: If you are more than 15 minutes late for your appointment there is a possibility you may not be seen possibly rescheduled for your examination. Being seen for your appointment will be left to the discretion of your provider based on the nature of your concern and the schedule of the provider.
- Please do not use anti-perspirant or deodorant on the day of your examination, this can cause artifacts on the images and may result in additional imaging.

During the Exam

- The technologist will verify your identification and exam requested.
- During a mammogram, your breasts are compressed between two firm surfaces to spread out the breast tissue. Then an X-ray captures black-and-white images that are displayed on a computer screen and examined for signs of cancer.
- Mammograms play a key role in breast cancer screening. They can detect breast cancer before it causes signs and symptoms. Mammograms have been shown to reduce the risk of dying of breast cancer
- A traditional mammogram creates two-dimensional images of the breast. A newer type of mammogram called a 3D mammogram (breast tomosynthesis) creates three-dimensional images of the breast. Our facility offers a 3D mammogram in addition to the traditional 2D mammogram for breast cancer screening.

After the procedure

- You can return to your normal routine.

Results

- You will receive a letter with your results within 30 days of your exam.

Screening recommendations

[ACS Breast Cancer Screening Guidelines](#)

[Mammograms - NCI \(cancer.gov\)](#)

[Mammography Saves Lives | American College of Radiology \(acr.org\)](#)

[Alaska Imaging | Expert Radiology Services](#)

Our Radiologist group recommends annual screening mammography starting at age 40.