

What to Expect From Your Mammogram

Before Your Exam

If there is any possibility you are pregnant, inform your doctor or the technologist conducting your mammogram before your exam. Refrain from wearing deodorant, talcum powder or lotion under your arms or on your breasts on the day of your exam.

What to Expect



You will fill out a breast history form to be discussed with the technologist prior to the exam.



A technologist will escort you to the dressing room and ask you to undress from the waist up and put on a gown.



Once in the exam room, your technologist will position your breast in the mammogram machine.



Your breast will be briefly compressed between two plates attached to the mammogram machine. The bottom plate holds the digital detector that records the image.



The technologist compresses your breast to keep it from moving and to make the layer of breast tissue thinner. A thinner layer of breast tissue allows the image to be sharper.



The exam may be uncomfortable for a few seconds, but should not be painful. A simple repositioning may help, so make sure to notify your technologist of any discomfort.

Visit [ScheduleYourMammo.com](https://www.scheduleyourmammo.com) or call 866-366-PINK to schedule today.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.

