

WHAT TO EXPECT AT A MAMMOGRAM

What to know heading in, and what you can expect to find out.

BEFORE YOU GO



Consider your attire

You'll have to undress from the waist up.



Don't wear deodorant, lotions or powders

It can show up as white dots in the X-ray.



Bring your records

Your provider will need information about any prior breast procedures.

THE MAMMOGRAM



It's quick

Expect it to take less than 30 minutes.



Your main squeeze

Your breast will be compressed for a few seconds to take clear X-rays of the tissue.



The perfect fit

Mammographers are skilled at imaging breasts of any size.

YOUR RESULTS



Give it time

Results are usually available within three days, but can take up to 10.



Try not to worry

Only around 3 in 1,000 mammograms result in a breast cancer diagnosis.



If it's abnormal

Your provider will explain next steps and connect you with a specialist.

DID YOU KNOW?



Mammograms can reveal nearly 90 percent of breast cancers as early as two years before a lump can be felt.



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