

# ***Instructions for Mammogram***

One of the most important goals of Moffitt Cancer Center is to provide you with the highest quality of care through education, research and service. This booklet has been developed to help you prepare for a **mammogram**. Your doctor has recommended that you get a mammogram, or set of low radiation x-ray pictures, to help evaluate any breast abnormalities that you may have.

## ***What do I need to do before my mammogram?***

On the day of your mammogram, do not apply deodorant, lotions or powder to your breasts, nipples or underarm area. Wear a two-piece outfit. You are also responsible to make sure that Moffitt has your past mammograms onsite or you must bring them with you. More than any other x-ray you will have, mammograms should be compared to the prior years.

## ***How is a mammogram performed?***

When you arrive on the day of your scheduled mammogram, please report to the waiting room of the Center for Women's Oncology in the West Clinic. Next, you will be directed to the dressing room where you will be asked to remove your clothes from the waist up. Capes are provided. You will be called to an exam room where two different pictures of each breast will be taken. In order to obtain the best possible pictures, the technologist will use a paddle to put some pressure on your breasts. The more pressure you can tolerate, the better the images will appear.

Since movement can cause blurring of the x-ray picture, it is important for you to remain very still while each x-ray picture is being made. After the x-rays are taken, you will be asked to wait in the dressing area. If you are here for a screening mammogram, you must wait until the technologist develops or looks at your images before letting you dress and leave. If you are having a diagnostic mammogram, the technologist must look at your images and show them to a Radiologist to see if further images or ultrasound must be done. Once that is determined, you can either dress and leave or wait until your next appointment here at Moffitt. Your mammogram report will be mailed to your outside doctor. You should also receive a letter in the mail confirming the results.

If you have any questions, please call the **Mammography Department** at (813) 745-3579.

***My appointment is scheduled for:*** \_\_\_\_\_

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