

# How to Prepare for Your Digital Mammogram

## Exam Overview

### *What is Digital Mammography?*

A Digital Mammogram is a safe low-dose X-ray procedure that takes pictures of the internal tissues of your breasts. A Digital Mammogram is a simple exam, performed as a screening or diagnostic study, to determine the possibility of irregularities within the breast. It can reveal areas too small or deep to feel, which may or may not require further investigation.

The Digital Mammogram will be performed by a woman radiologic technologist who has completed rigorous training dedicated to Digital Mammography. She works under close supervision of the radiologist to assure the most accurate results from your examination.

You will be asked to undress from the waist up. The technologist will position your breast and gently compress it upon the image plate. It is necessary to spread the breast tissue to reduce the thickness of the breast. This allows for lower doses of radiation and the clearest possible X-ray image. You will probably have at least two pictures taken in slightly different positions. The procedure will then be repeated for the other breast. The entire exam usually takes about 15 minutes.

## Digital Mammography Exam Prep Checklist

- Please do not apply any powder, lotion, or deodorant to the underarm or breast area on the morning of your procedure.
- Please be sure to bring your referral from your doctor or we may not be able to perform your test.
- Please arrive 10 minutes early to register.

