

# Mammography

## Information for Patients

Mammography is an X-ray imaging method used to examine the breasts in women. It involves taking a series of images of the breast using low-dose X-rays. The procedure is completely non-invasive.

### How to Prepare?

- If you menstruate, it's best to schedule the exam during the first half of your cycle. If you are postmenopausal, the test can be done on any day.
- On the day of the exam, do not use deodorants with talc, lotions, or creams.
- Wear a two-piece outfit to make it easier to undress from the waist up.

### What to Bring?

- A referral from your doctor.
- Previous breast ultrasound and mammography results (if you have had them), and any hospital discharge summaries (if your hospital stay was related to breast health).
- A completed questionnaire, where you will provide necessary information about pregnancy, hormone replacement therapy, and any previous breast surgeries (the questionnaire will be given to you before the exam).

### Are There Any Contraindications?

- Yes. Mammography is not performed if you are pregnant