

## AFTER THE EXAM

When your exam is over you will be free to leave and go about your normal activities. If any other testing to complete your examination is required the Mammography Department will contact you with the exam and an appointment time. A follow up exam will be requested to clarify a suspicious or questionable area by using additional views or special imaging techniques. If further testing is not required a written report will be sent to your health care provider. If the exam is booked through the OBSP the results are sent to both the healthcare provider and the client.

## REPORT

Results of the Mammogram are reported by a physician, called a radiologist, who specializes in reading breast imaging and other diagnostic imaging exams. A radiologist will study your exam images and send a written report to your referring health care provider, who will in turn communicate the results to you. With OBSP Screening you will receive your report. At Woodstock Hospital, an electronic database stores the breast images and reports making them available to referring healthcare providers.

## RISKS

Mammography has been shown to be extremely safe. X-ray exposures used are extremely low and localized.

## SAFETY

For your safety: Ask—Listen—Talk with members of your healthcare team before, during and after you receive a diagnostic imaging exam. Make sure you know what to do when you go home.

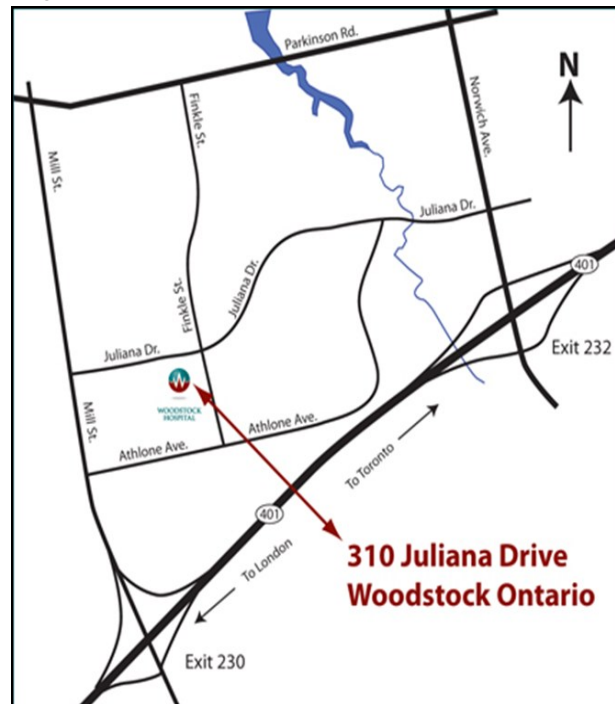
## MORE INFORMATION

For more information on Mammography or OBSP please visit:

RadiologyInfo.org  
<http://www.radiologyinfo.org/>  
Ontario Breast Screening Program  
<http://www.cancercare.on.ca/obsp>  
Canadian Association of Radiologists  
<http://www.car.ca/en.aspx>

## DIRECTIONS

Woodstock Hospital is located at 310 Juliana Drive, Woodstock, ON. Park in the Juliana Drive lot and proceed to the main entrance. Once in the building, proceed to the Diagnostic Imaging Cardio-Respiratory Reception desk located on the main floor for registration, check-in and further instructions.



**WOODSTOCK  
HOSPITAL**

## MAMMOGRAPHY & ONTARIO BREAST SCREENING PROGRAM

(OBSP)

MAMMOGRAPHY BOOKING FAX:

519-421-4238

OBSP BOOKING

PHONE:

519 - 539 - 7838

GENERAL MAMMOGRAPHY

INQUIRIES:

519 - 421 - 4207

HOURS:

7:30 AM - 5:00 PM

## WHAT IS A MAMMOGRAM?

Mammography is an x-ray of the breast. It is used as a screening tool to detect early breast cancer in women experiencing no symptoms. It is the single most accurate screening tool available to date to detect cancer in the breast in its earliest and most curable state. It is also used to detect and diagnose breast disease in men and women experiencing symptoms such as a lump, pain or nipple discharge. One in nine women will develop breast cancer and mammography can detect lumps that are too small to be felt. Mammography is a specific type of imaging that uses low dose x-rays to examine the breast. Your breast will be placed on a special platform and compressed with a clear plastic paddle.

### Compression is necessary in order to:

- spread out the breast tissue so that all tissue can be better visualized and small abnormalities are less likely to be obscured by overlapping tissue
- allows for a lower x-ray dose since the area being exposed is thinner
- holds the breast still to minimize movement which can cause blurring on the image

Our facility uses full field digital mammography which means x-ray images are digital (computerized images) which are stored electronically and viewed on specialized viewing stations with high resolution monitors. Before the exam is performed you will be asked questions about your personal medical history.

### **It is commonly used for:**

- Early breast cancer detection
- Diagnose lumps within the breast
- Diagnose pain

## PATIENT PREPARATION

Try to book your mammogram mid menstrual cycle to help with breast discomfort. On the day of the exam refrain from caffeine for 48 hours if your breasts are tender. Do not use deodorant, talcum powder, ointment or creams on your breast or underarms. If your breasts are tender you may take 2 Tylenol tablets 1 hour before your exam. If you wear a dermal patch (nitro, pain med or hormonal) please do not place on chest region for the day of the exam. If you have long hair, bring an elastic to pull back your hair as digital imaging can detect hair which will cause an artifact on the mammography image. Wear a two piece outfit as you will be asked to remove everything from your waist up.

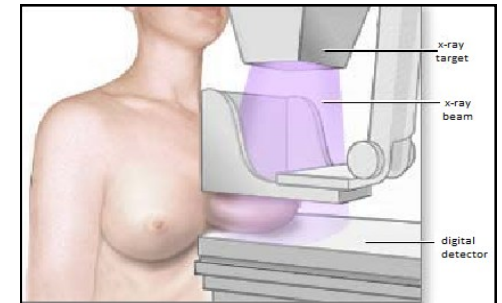


### **Inform your technologist if you have:**

- Had any breast surgeries
- A possibility of being pregnant
- Are breastfeeding

## PROCEDURE

Mammography is a procedure conducted by specially trained technologists. When you enter the room, the technologist will ask you questions and explain the procedure to you. The Mammography unit is an x-ray machine with a digital imaging plate to place your breast on and a compression device that will be engaged during the x-ray exposure and released immediately after. During the procedure, it is important that you remain still. You will be in the room with the technologist during the exposure; the technologist can see you at all times and communicate with you as necessary.



In mammography, each breast is compressed horizontally, then obliquely and an x-ray is taken of each position

