

MAMMOGRAM / DEXA SCAN

Your Appointment is on _____ at _____ AM/PM
Day Date
Location for the test _____ Questions? Call 402-873-8912

What is a Mammogram?

A mammogram is an x-ray examination of the breasts to detect breast cancer and other abnormalities or changes in the breasts. The mammogram usually requires two views of each breast, one from above and one angled from the side.

A female Radiologic Technologist positions the breast by resting it on a small platform and then gently compressing the breast with a plastic compression paddle. The purpose of the compression is to flatten the breast as much as possible. Spreading out the tissue makes abnormal results easier to visualize with minimum amounts of radiation. The pressure of the compression can be uncomfortable or even slightly painful. It helps to remember that each x-ray just takes a few moments and it could save your life.

Your instructions

Schedule your mammogram when your breasts will be least tender, approximately one week after your period.

On the day of the test, do not use deodorant, powder, perfume, lotion or cream under your arms or breasts. These products may interfere with the x-ray results.

You will be asked to undress from the waist up so you may want to wear a blouse or sweater instead of a dress.

Please report to Admissions 10 minutes prior to your scheduled appointment time.

If you are pregnant, or think you may be, tell your Radiologic Technologist before the exam.

After the exam

The entire exam takes approximately 15 minutes. The Radiologist will study your x-rays and report the results to your primary care provider.

What is a Dexa Scan?

A Dexa Scan is done to evaluate patients for bone density and possibly diagnose osteoporosis. If you take a calcium supplement, please do not take it the day of the test. Please arrive 15 minutes early. The test will take approximately 20 minutes. Your primary care provider will give you the results of your scan.

OTHER NOTES/INSTRUCTIONS _____

