

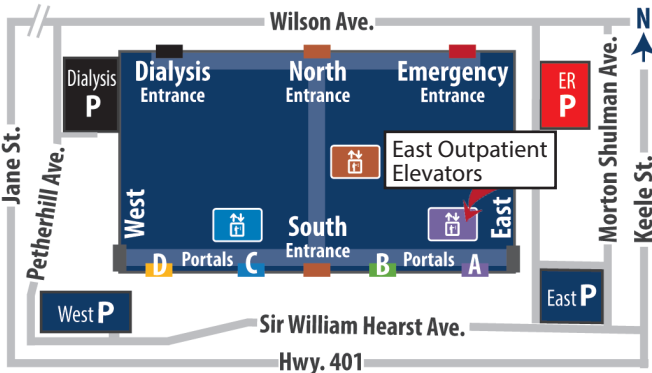
# Mammogram

## Appointment Information

You have an appointment for a **mammogram**. Please read this handout for information on how to prepare for your test.

### Location:

Medical Imaging - Breast Health Centre  
Humber River Health  
1235 Wilson Ave., Toronto, ON M3M 0B2



Enter via Portal A or the East Entrance. Take the East Outpatient Elevators to Level 2. Follow the signs to Breast Health Centre Registration.

### Bring to the hospital:

- Your health card (OHIP) and a photo ID.
- All the medicines you are currently taking, including over-the-counter medicines, herbals, and supplements, in their original containers.
- Copies of your past mammograms to share with the staff involved in your care.

**Do not** bring jewelry or other valuables.

## What is a mammogram?

A **mammogram** is a specialized imaging test that uses low-dose x-rays to see inside the breasts. It is a non-invasive test that helps doctors detect and diagnose conditions and diseases of the breast early.

## How do I prepare for the test?

### Tell your doctor if you:

- Are currently taking any medicines, including prescription or over-the-counter medicines, herbals and supplements, blood thinners, or hormone treatments.
  - Your doctor will let you know which medicines, if any, to stop taking before your test.
- Have any breast symptoms or problems.
- Have personal or family history:
  - Prior surgeries on your breasts
  - Breast cancer.
- Have any allergies.
  - If you have allergies, we suggest you wear your MedicAlert® bracelet on the day of your visit.
- Are pregnant, think you may be pregnant, or are breastfeeding.
  - If you are pregnant, we may postpone the mammogram to reduce the risk to your fetus.
  - If you are breast feeding, we will discuss with you the option of cancelling your appointment and re-booking for 6 months after you stop breastfeeding.

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## On the day of your test:

- Take your medicine as your doctor advised.
- Do not apply talcum powder or lotion under your arms or on your breasts. These may appear on the mammogram and interfere with the results.
- Wear comfortable clothing.

## What can I expect during the test?

We will take you into a mammography sensory suite, where you can choose your “environment”, such as “seaside”, “garden”, or “waterfall”. These suites have been designed to help you relax during your test.

The test should take about 30 minutes.

### Before the test:

- Please remove your clothes from the waist up and change into a hospital gown.
- Remove any jewelry, dental appliances, eyeglasses, hair clips, or metal objects you are wearing that may interfere with the x-ray images and/or movement of the mammography equipment.

### During the test:

- We will guide you and place your breasts in the mammography unit. The unit will start to compress your breast with a clear paddle. This evens out the breast tissue so that we can view it better.
- You must hold very still while we are taking the pictures. We may ask you to hold your breath for a few seconds to reduce the possibility of blurred pictures. Between images, we will ask you to change positions.
- Throughout the test, you will feel pressure on your breast as it is squeezed by the compression paddle.

## What can I expect after the test?

- You may feel that your breasts are tender and sensitive after the test due to the squeezing from the compression device. This sensation does not last more than a few minutes after the test.
- You may be able to get dressed and go home soon after you have finished your test.

## How do I care for myself at home?

### Care Instructions:

- You may resume all your regular activities.

### Results:

- Your referring doctor will receive the results of your test in about 7 to 10 days.
- You can also sign onto the patient portal, My Humber Health, at <https://myhumberhealth.ca> to view your results when ready. Please make sure we have your correct email address.

### Follow up Instructions:

- If you have any questions, please speak to your referring doctor.
- The clinic will call you if the radiologist recommends that you need other tests.

 **Go to the nearest Emergency Department right away if you notice the following:**

- You feel different or worse than you did before your mammogram, including extreme discomfort in your breasts.

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**English:** This information is important! If you have trouble reading this, ask someone to help you.

**Italian:** Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

**Spanish:** ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.