

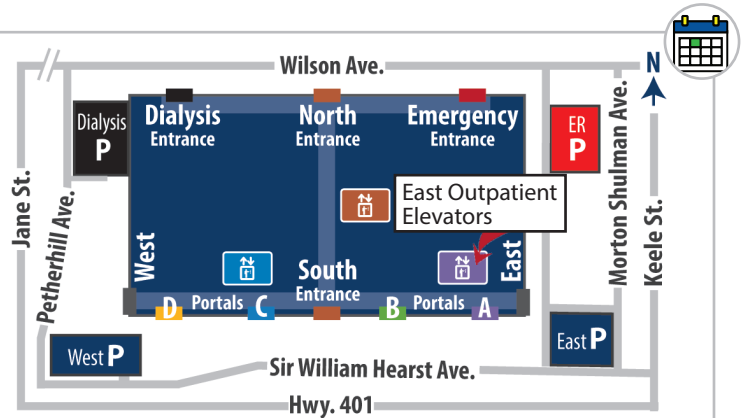
Tomosynthesis (3D Mammogram)

Your doctor has recommended for you to have a **tomosynthesis**. Please read this handout for information on how to prepare for your exam.

Scheduling your appointment: If your breasts are usually tender before your menstrual period, do not schedule your tomosynthesis for 1 week before your period starts.

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.



What is a tomosynthesis?

A **tomosynthesis**, or **3D mammogram**, is an exam that uses x-ray to display the breast in different layers. The images created have less overlapping of breast tissue, helping the doctor see areas of interest in the breast more clearly.

How do I prepare for the exam?

Tell your doctor if you:

1. 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 exam.
2. Have any breast symptoms or problems, such as:
 - Prior surgeries on your breasts
 - Family or personal history of breast cancer.

3. Are pregnant, think you may be pregnant, or are breast feeding.
 - If you are pregnant, we may cancel your tomosynthesis to reduce the risk of radiation exposure 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 breast feeding. This is your choice. If you continue with tomosynthesis while you are still breastfeeding, the images we obtain may not be accurate.

On the day of your exam:

- Take your medicines as your doctor advised.
- Do not apply talcum powder or lotion under your arms or on your breasts. These appear on the images and sometimes mimic the look of concerning breast tissue.
- Wear comfortable clothing.
- If you need support, you may have someone with you before the procedure.

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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. These allow the radiologists to compare the differences from year to year and include that information in the results and recommendations.

Do not bring jewelry or other valuables.

What can I expect during the exam?

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 feel more comfortable and reduce any anxiety you may feel during your exam. The exam should take about 20 minutes.

Before the exam:

- 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 exam, we will:

- Place your breast 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 the tissue better. You will feel pressure on your breast as it is squeezed by the compression paddle.
- Take x-ray pictures of your breast. Please 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.

- Ask you to change positions between images.

What can I expect after the exam?

- Your breasts may feel tender and sensitive after the exam due to the squeezing from the compression paddle. This sensation does not last more than a few minutes after the exam.
- You may get dressed and go home soon after you finish your exam.

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 exam 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.

See your family doctor if:

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

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.