

DIGITAL MAMMOGRAPHY

In preparation for your digital mammogram:

- On the day of your mammogram examination, please DO NOT use any deodorant, perfume, powders, ointments, or preparations under the arm or around your breasts. Please make sure that your underarms and breast areas are washed clean of any chemical residue because it can obscure your mammogram.
- If you have a dark black/blue bruise on your breast, please call to reschedule your mammogram unless you are experiencing a lump or concern. A bruise can also obscure your mammogram.
- If you have implants, physical limitations that would not allow you to stand for 15 consecutive minutes, or extremely large breasts; more time should be allowed to do your exam. Please alert your scheduler.
- Appointments for routine annual screening mammograms are only 10 minutes. It is important to arrive on time or a little early so you do not have to be rescheduled.
- If you are pregnant or think you might be, be sure to tell your technologist before your exam begins.

A guide to a more comfortable mammogram: Although many women experience pain-free mammograms, some women feel discomfort as the mammographer compresses the breast for the image. Here are a few ways to possibly help ease your discomfort:

- Quit Caffeine — Women who stop their caffeine in-take completely, especially a week or so before their mammogram, seem to experience less pain during compression.
- Over-the-counter pain relievers — some women choose to take an over-the-counter pain reliever like ibuprofen or acetaminophen about 30 minutes before their mammography procedure. This may take the edge off the pain if your breasts are severely tender.
- Speak up — if you experience pain during the procedure, let the technologist know right away. Your technologist will try to make it more tolerable without sacrificing the effectiveness of the mammogram.
- Menstrual Cycles — if you are near your menstrual cycle and your breasts are very tender, please call to reschedule your mammogram. The importance of compression is worth rescheduling into the next week when your breasts are less tender.
- Relax — being very tense can make a difference in the pain level also.

Why do I have to come back for more pictures? A digital mammogram is an excellent exam for evaluating breast tissue. Often extra pictures are needed to give the radiologist more information to facilitate interpretation of the x-rays. These may involve magnification or focal compression or ultrasound. Breast tissue consists of varying amounts of fat and fibrous cells on mammography these tissues show up as different densities of black, gray, and white. After a mammogram is completed, the digital images are displayed on a high definition monitor for the radiologist. After reviewing the exam, the radiologist could recommend one or more additional tests.

- The radiologist may see normal looking breast tissue that looks differently from last year's mammogram. To be certain the change is a "good" change you may be called back for more views.
- To get further information about a lump or area of concern.
- Most of the time, the additional images are able to show that there is no real change to be concerned about. Being called back for additional imaging is anxiety-producing, but getting the best and most accurate information is Salem Clinic's goal.

Your appointment is at: **2020 Capitol Street NE • Salem, OR 97301**

Date: _____

Time: _____ **AM PM**

Please call within 24 hours if you cannot keep your appointment 503-399-2484 Option #2

Salem Clinic's mammography units emit a 30% lower dose of radiation to the breast. There are few mammogram machines like ours in the area. Because of this state-of-the-art equipment, it is very beneficial to be a patient at the Salem Clinic. The physicians who read your images are completely trained in digital technology therefore this makes the likelihood of returning for additional images very minimal. Our mammographers are also well trained in digital mammography and we have received many compliments from physicians regarding how excellent our quality is with positioning and technique.