

What to expect from a mammogram

The information listed below is only a guide; you will be advised of specific details when making your appointment.

Mammography is an X-ray exam of the breasts that helps detect early signs of breast cancer, often before symptoms appear. As a key tool in breast cancer screening, mammograms can identify small tumours or abnormalities at their most treatable stage, which may not be detectable during a physical exam. Regular mammograms for early detection significantly improve the chances of successful treatment and survival.

Note: If you have had a previous examination relating to this examination at another provider, please inform the booking team as we need to acquire those images for comparison.

Prior to your appointment

1. Wear casual, comfortable two-piece clothing where possible.
2. Do not wear talcum powder or deodorant under your arms or on your breasts on the day of the examination, as it can show up on the X-rays.

On arrival

1. You should allow at least half an hour for this procedure.
2. A mammogram is sufficient for most patients, but an ultrasound may be required to examine particularly dense breasts or other findings. We may be able to do this on the day, which would add 45 minutes to the procedure, or make a booking for another day.
3. We accept self-referral, but if you have a referral form from your doctor or referrer, please bring it with you.
4. **Please make sure you arrive at least 10 minutes before your scheduled appointment time.**

After procedure

The result of your mammogram will be sent to your doctor as soon as possible.

If you have any questions regarding your appointment, **please do not hesitate to call us on 09 630 3324 or 0800 497 297.** We look forward to seeing you.