



Mammography

Your doctor has recommended a Mammogram.

This is a guide to provide you with more information about what to expect of this investigation. If you have any questions about why you are to have this test, please ask your doctor. If you have any questions about the test, feel free to ask our staff.

State of the Art

IMAGING IN BREAST EXAMINATIONS

Our Selenia Dimensions mammography unit with Clarity HD software provides the latest in image quality and today's benchmarked gold standard imaging.

The mammography images are high quality, incredibly sharp, fast and low dose. All imaging is 3D.

WHAT IS A Mammogram?

A mammogram is an x-ray examination of the breasts.

A mammogram can help to diagnose any changes or symptoms in the breasts including lumps, tenderness or pain, nipple discharge or any skin changes.

How is it DONE?

Firstly, we ask you to complete a questionnaire to obtain relevant information such as any family history of breast cancer, previous mammograms, or breast surgery.

We will provide you with a gown to change into.

Your breasts will be placed, one at a time, between two special plates and compressed (pressed down) firmly for a few seconds whilst the x-rays are taken. Two views of each breast are performed as a minimum.

Breast TOMOSYNTHESIS

Breast Tomosynthesis software and reporting facility is available at North Shore Radiology & Nuclear Medicine. Breast Tomosynthesis is an exciting new technique to remove the problem of overlapping tissue on standard mammographic images giving a 3D image. Early studies suggest greatly increased detection of lesions over standard mammography. It will be performed at the

same time as your routine mammographic images. You may notice the mammographic unit gently moving above you while you are in the compression. With the Clarity HD software all images provides twice the detail of a normal 3D Mammogram.

Contrast Enhanced MAMMOGRAPHY

Your doctor may refer you for a 'Contrast Enhanced Mammogram'. This is similar to a standard mammogram. However, a contrast agent or 'dye' will be injected into a vein prior to the mammography pictures being taken. The contrast agent will highlight any area where a lesion may be forming and assist in its detection.

While checking in, you will be asked to fill in a contrast questionnaire to assess your suitability for the examination. The Mammographer will then go through this with you and answer any questions you may have.

In the mammography room the mammographer will insert a small cannula into your arm and inject the contrast agent. After the injection you will wait for two minutes to allow the contrast agent to flow into your breast. The Mammographer will then perform a standard mammogram. No additional compression is required for these pictures.

Is it PAINFUL?

The compression may be uncomfortable, or perhaps painful, but it only lasts a few seconds. Without compression, the x-rays would be blurry, which makes it difficult to see any abnormality. Compression also reduces the amount of radiation required for the mammogram.

Ideally it is best to have a mammogram one week after the start of your menstrual cycle, as your breasts will not be as tender at this time.

How long does it TAKE?

Standard mammography takes approximately 15 minutes, as the images are reviewed by one of our specialist breast Radiologists. Sometimes extra views are requested by the Radiologist which take longer.

If you have breast implants, the mammography will take longer (40 minutes), as extra images are needed in order to see the breast tissue clearly. An ultrasound is generally required after the mammogram which takes a further 30 minutes.

How do I PREPARE?

- Please don't wear perfume, lotion or talcum powder on the day of your appointment, as these substances may show up as shadows on your mammogram. Bring your deodorant with you, so you can put it on at the end of the examination.
- Wear a two piece outfit, for comfort so you only need to undress from the waist up. Bring any previous mammogram films with you, so they can be compared with your mammogram.
- If you have breast implants, please let us know when you are booking your appointment, as a longer appointment time will be scheduled.

Our RADIOLOGISTS

Our radiologists are dedicated to breast imaging and are skilled in breast assessment and screening. Their expertise in breast imaging is enhanced by involvement in many specific activities such as reading screening mammograms and assessing women for BreastScreen NSW; involvement in dedicated clinics for symptomatic women and involvement in cancer care multi-disciplinary teams.



Will I get the results WHEN I LEAVE?

Following your mammogram and any other relevant examinations, the radiologist will prepare a report.

You take the films unreported and we will fax or email the report electronically to your doctor.

What should I do ON THE DAY OF THE TEST?

Please remember to bring your request from your doctor for your mammogram, plus any previous mammograms, breast ultrasounds, or other related examinations.

Please report to North Shore Radiology & Nuclear Medicine 15 minutes prior to your appointment time, to ensure registration is completed, and you are ready for your examination at the scheduled appointment time.

Parking information

NORTH SHORE HEALTH HUB CLINIC

North Shore Radiology has four locations, your Mammogram will be performed at our **North Shore Health Hub Clinic**.



*Refer map over page.



Metered parking is available on Westbourne Street.

There is paid parking available underneath the North Shore Health Hub to the right of the entrance to the Health Hub on Westbourne Street.

Paid parking also available as marked on the map as P1 & P2 closer to the public and private hospitals but still within walking distance to the Health Hub.



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