



Mammography Patient Instructions

Screening mammography. Screening mammography is used to detect breast changes in women who have no signs or symptoms or who have new breast abnormalities. The goal is to detect cancer before clinical signs are noticeable.

Diagnostic mammography. Diagnostic mammography is used to investigate suspicious breast changes, such as a new breast lump, breast pain, an unusual skin appearance, nipple thickening or nipple discharge. It's also used to evaluate abnormal findings on a screening mammogram. This is often combined with a diagnostic ultrasound of the breast when indicated by the radiologist.

To prepare for your mammogram:

- Schedule the test for a time when your breasts are least likely to be tender. If you haven't gone through menopause, that's usually the week after your menstrual period.
- Bring your prior mammogram images. If you are going to a new facility for your mammogram, request to have any prior mammograms placed on a CD. Bring the CD with you to your appointment.
- Do NOT use deodorants, antiperspirants, powders, lotions, creams or perfumes under your arms or on your breasts before your mammogram.
- Consider an over-the-counter pain medication if you find that having a mammogram is uncomfortable. Taking an over-the-counter pain medication, such as aspirin, acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin IB®), about an hour before your mammogram might ease the discomfort of the test.

As soon as your results are available, you can view them on your patient portal. If you need assistance signing up for portal, contact Graham Medical Records at (309) 647-0201 Ext. 5100 or via email: ghpatportal@grahamhospital.org

Please call the Radiology Department if you have any questions or concerns
309-649-5174