NHS
Lancashire Teaching Hospitals
NHS Foundation Trust

Information for patients and carers

Follow-up Mammogram Examination

What is a mammogram?

This is a way of looking at the breast tissue using X-rays to produce a digital image.

Important Information

Please inform us before you attend:

- If you are or think you may be pregnant
- If you are breast/chest feeding
- If you have difficulty sitting upright in a chair
- If you have had a mammogram recently



Preparation for the mammogram

Do not apply deodorant or antiperspirant before your appointment as it may show-up on your mammogram.

You will need to undress to the waist. It would be helpful if you could wear a skirt or trousers instead of a dress.

Can you bring a relative or friend with you?

A relative or friend can accompany you to the hospital, but they will usually not be allowed into the room when you have your examination. Please note that as we have limited seating and do not have childcare facilities, please do not bring small children with you to your appointment.



Your mammogram

You will be shown to a cubicle and asked to undress to the waist and put on a gown which will be provided. You will then be taken into an X-ray room where the radiographer will check some details and explain the procedure.

You will be either standing or sitting for this examination. A minimum of two images will be taken of each breast separately.

The radiographer will position your breast within the X-ray machine. This will compress your breast sufficiently to keep the breast still and obtain the best possible image. This may be uncomfortable, but the compression is only applied for a very short time and is released immediately after the X-ray has been taken.

The whole appointment takes approximately 15 minutes, and the mammogram only takes a few minutes.

Side effects

There are no known side effects from mammography.

Are there any risks?

We use the smallest radiation dose possible, in line with national regulations to provide as much information as we can about your condition. The results of your mammogram will give your doctor useful information about your condition and will help to plan your treatment.

After the mammogram

The images will be checked to ensure they provide all the information required. You will then be able to get dressed and leave the department.

Your results

The images will be reviewed after your visit. You will be advised when and how you will receive your results at this time. You will not receive any results on the day of the mammogram.

Contact telephone number

X-ray Appointments: **01257 245861.**
Monday to Friday: 08:30am–4.30pm.

Sources of further information

www.lancsteachinghospitals.nhs.uk
www.nhs.uk
www.accessable.co.uk
www.patient.co.uk
www.lancsteachinghospitals.nhs.uk/veteran-aware
https://bepartofresearch.nihr.ac.uk/
www.gov.uk/government/publications/breast-screening-radiation-risk-with-digital-mammography
www.gov.uk/government/publications/ionising-radiation-from-medical-imaging-examinations-safety-advice/exposure-to-ionising-radiation-from-medical-imaging-safety-advice

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www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone 08081962638

Please ask a member of staff if you would like help in understanding this information.
This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or to join our reading group please contact us on email address:
patientexperienceandinvolvem@LTHTR.nhs.uk

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