

Information for patients and carers

Follow-up Mammogram Examination

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue. The top band is a light blue, the middle is a medium blue, and the bottom is a dark blue.

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 problems 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 on your mammogram.

To have a 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 to bring small children with you to your appointment.

Your mammogram

You will be shown to a cubicle and asked to undress from the waist up 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.patient.co.uk

www.accessable.co.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

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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.

Department: Radiology/Mammography

Division: Diagnostics and Clinical Support

Production date: January 2024

Review date: January 2027

JR 1088 v1