

What to Expect During Your First Screening Mammogram

Congratulations on taking this important step to have your first (baseline) screening mammogram! Annual screening mammograms are the best way to detect breast cancer early.

“How should I prepare?”

- ① **Discuss your personal and family medical history with your primary care physician or gynecologist** so that your doctor can understand your risk. Tell your doctor about any recent breast changes or problems.
- ① **Schedule at the right time.** Avoid appointments around your menstrual cycle, when your breasts may be tender or swollen. This will help ensure quality images and a more comfortable exam.
- ① **Avoid wearing lotion, powder, deodorant or perfume before your appointment.** They may distort the images. Instead, carry these items to put on after your test.
- ① **Wear comfortable clothing.** A two-piece outfit like a blouse with a skirt or pants makes it easy to remove your top and bra for the exam.

“What will the exam be like?”

- ① An associate will show you to a private dressing room and will give you a comfortable gown to put on after undressing to the waist.
- ① In the exam room, a female technologist will position your breasts one at a time on a plate attached to a special X-ray unit. Then, an upper plate will be lowered to flatten each breast to create images. There will be only a few seconds of compression.
- ① Although this is unlikely, tell the technologist immediately if you experience anything beyond minor discomfort, so that adjustments can be made if needed.
- ① The entire procedure will take 15 minutes.
- ① After your mammogram a radiologist will review the images and send a report to your doctor.

Make the SMART choice. Have a 3D SmartMamm™ at Princeton Radiology

- ① Research demonstrates that annual mammograms starting at age 40 (or younger for higher-risk women) save lives by helping doctors find breast cancer earlier.
- ② A 3D SmartMamm™ goes a step further. It can reveal harder-to-see tumors and adds information about your lifetime breast cancer risk.
- ③ Your first mammogram will also tell you whether you have dense breasts. If so, you may need more screenings.



Any questions?

We're committed to making your screening experience comfortable—during your first mammogram and for your lifetime of preventive breast care.

**For questions, contact us at
609.921.8211.**



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