

## *Thank you for choosing St. Anthony's Women's Wellness – Breast Care Services*

We look forward to serving you at one of our facilities.

Below are a few helpful hints for your upcoming mammogram:

- On the day of your mammogram, do not use any deodorant, lotion, cream or powder on your underarms or breast; these could interfere with a clear mammogram.
- Before the exam, describe any breast symptoms or problems you are having to the technologist. If there are symptoms present or if you are under the age of 35, a physician's order is required prior to the exam.
- If you have had mammograms at another facility, the radiologist/hospital will need to see these films for comparison; please request copies of your films from the facility and bring them with you to your exam.
- **COMPRESSION** is the most important feature in acquiring a good image of the breast. The higher the compression, the better the view the radiologist has of the breast. Compression of the breast during the exam may be uncomfortable; however, the procedure will last only a few minutes.
- If your breasts get tender around the time of your period, schedule your mammogram for one week after your period ends.
- **To reduce discomfort**, do not drink or eat items with caffeine (coffee, tea, soda, and chocolate) for one week prior to your mammogram. It also helps to take Tylenol or Ibuprofen (Advil, Aleve, etc.) about one hour prior to your scheduled appointment time unless restricted by your physician.
- If you do not hear the results of your mammogram within 10 days following your mammogram, you should call your healthcare provider.

For questions or more information on the above, please call St. Anthony's nurse coordinator at 1-800-598-2121, Ext. 1749 or 217-347-1749.

*Early Detection is the Best Protection*

