



Mammogram

Patient Information Leaflet

National University Hospital

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A member of the NUHS

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A **mammogram** is a special x-ray, which shows the breast tissue. It has been established as the primary means of detecting early breast cancer.

The x-ray images are viewed by a radiologist, a doctor who specialises in the interpretation of images. The reports will be conveyed to you by your doctor at your next visit.

What to Expect During the Procedure

A female radiographer will attend to you. She will first ask you a few questions regarding your medical history.

During the procedure, the radiographer will ask you to undress to the waist before taking the x-ray. Each breast will then be x-rayed separately.

Discomfort may be felt for a few seconds while the breast is being compressed during the procedure. Compression of the breast is necessary in order to obtain a more detailed image of the structures within the breast.

Important Points to Note

- This examination can be carried out during your period.

What Are The Risks

With modern equipment, the amount of radiation delivered to the breast is very low. The compression used during the mammogram also decreases the amount of radiation a woman is exposed to.

| Your Mammogram Appointment | |
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| <div style="display: flex; align-items: center;"> <div> <p>National University Hospital</p> <p><u>Breast Imaging</u></p> <p><input type="checkbox"/> 8b Breast Care Centre,</p> <p>Medical Centre, Level 8</p> </div> </div> | <div style="display: flex; align-items: center;"> <div> <p>Alexandra Hospital</p> <p><u>Diagnostic Imaging</u></p> <p><input type="checkbox"/> DI 3, Block 6, Level 2</p> </div> </div> |
| <p>Patient Particulars:</p> <div style="border: 1px solid black; height: 100px; width: 100%;"></div> | <p>Appointment Date/Time:</p> <p>_____</p> <p>Estimated Fees for Outpatient:</p> <p>_____</p> |
| <p><small>Note:</small></p> <ul style="list-style-type: none"> • Please do not bring valuables or excess cash with you. Patients and visitors are responsible for personal belongings. • No medical certificate can be issued for this appointment. Certificate of attendance will be given upon request. | |
| <p>Please arrive at least 15 mins before the appointed time to register and prepare for the procedure. We appreciate your understanding should an unforeseen delay occur due to medical exigencies. Kindly inform us if you are unable to keep to the scheduled appointment.</p> | |
| <h2 style="margin: 0;">Preparation Instructions for Patient</h2> | |
| <p>IMPORTANT REMINDERS</p> <ul style="list-style-type: none"> • Fasting is not required. • Do not use talcum powder, body lotion or deodorant on the chest and underarms, as these may be reflected on the x-rays. • You are encouraged to wear a two-piece outfit, as you will need to undress above the waist for the procedure. • Women whose breasts are tender before their period may find it more comfortable to have a mammogram done just after the period. • Please bring along your previous mammogram films (if any). Please inform your doctor or radiographer if there is a possibility that you may be pregnant. | |
| <p>Please bring this leaflet on the day of your appointment</p> | |

Should you have any queries or require further clarifications, please contact:

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