

Symptomatic mammograms

Your health

- You have been referred for a mammogram which is a series of detailed X-ray images of your breasts.
- Breast cancer can affect people of any gender, so if you would like us to use different terminology during your mammogram, e.g. chest instead of breast, then please ask us.



Radiation

- Everyone receives some ionising radiation every day from natural background radiation in the air, food and even from space.
- The amount of ionising radiation (X-rays) from a mammogram is similar to your natural exposure over a few months so the risks associated with it are very low.
- The main benefit of having a mammogram is making the correct diagnosis so, if required, you can get the treatment that is right for you.
- Your mammogram request will have been checked by a specialist who has decided that the benefit of having the examination outweighs the risk from the radiation.



Our staff and equipment

- Our staff are trained to take the best possible X-ray images using the lowest amount of radiation.
- Our equipment is regularly checked to make sure the test is safe and effective.



Your test

- Staff may ask you questions about your general health to help them take the most appropriate X-ray images.
- Usually two X-ray images of each breast are taken – one from above and one from the side. Sometimes more images are required.
- For each X-ray image your breast will be firmly flattened for a short period of time to keep your breast still and ensure a clear image.
- You will not have any radiation in your body after the test.
- Our staff will tell you when and how you will receive the results of your mammogram.



We are here to make sure your test is right for you, so let's talk!

If you have any questions, or if you would like us to use specific language to describe your sex, gender, identity or anatomy, please speak to a member of staff in confidence.

Produced by the **Clinical Imaging Board**, a collaboration between the Institute of Physics and Engineering in Medicine, the Royal College of Radiologists and the Society and College of Radiographers.