

Symptomatic mammograms

Your health

- You have been referred for a mammogram which is a series of detailed X-ray images of your breasts.



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.



If you have any questions, please ask

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.