



## MAMMOGRAMS

# What **You** Need to Know

Screening mammograms are a very important part of women's health care, but they can also be the source of some anxiety. **Here's some information to help put your mind at ease and make your visit go more smoothly:**

- At your appointment, a Mercy technologist will **explain the procedure** in detail and answer any questions you have.
- You'll change into a gown on your top half, so be sure to **wear a shirt rather than a dress or jumpsuit**.
- **Avoid wearing any lotions, creams or deodorants** the day of your visit, since they can corrupt the quality of your x-ray image.
- Your technologist will have you step up to the unit and will **position your breast** on the flat surface.
- You'll **feel some pressure** as a clear paddle presses down on your breast for a few seconds, allowing the machine to capture precise x-ray images.
- Two images will be taken of each breast. Your technologist will ask you to **hold your breath** for a few seconds for each image to ensure accurate results.
- Your results will be available on your **MyMercy app** following your visit.

**Mammograms are an important part of staying ahead of any health issues.**

A routine exam could detect breast cancer while it's treatable.

Learn more about mammograms [here](#).

