What is a Mammogram?
A mammogram is a low dose X-ray image of the breast which can be performed on female and male patients. This is commonly performed to investigate for and follow up breast cancer, however not all breast cancer can be detected by mammogram.

What preparation is required for a Mammogram?
- Please inform the booking clerk if you are breastfeeding or have breast implants as you may need a longer booking time.
- No Talcum powder or underarm deodorant to be used on the day of the examination.
- Please bring copies of any previous mammogram films and reports with you.
- If you experience tender breasts during menstruation try to book your mammogram for 1 week after.
- Wear a two piece outfit (skirt or pants and a top). You will be given a gown, but only need to remove your clothes from the waist up.

What happens during a Mammogram?
- You will be asked some questions about your breast history.
- Your mammogram examination may take up to 30 minutes.
- Two pictures of each breast are routinely taken.
- There will be some compression of breast tissue to ensure a clear view of the tissue being examined. This may cause discomfort, but will not last longer than 30 seconds.
- Images are checked by a Radiologist with specialised training in mammography before you leave.
- Further images may need to be performed after discussion with the Radiologist.

What happens after a Mammogram?
- The Radiologist’s report is automatically forwarded to your doctor.
- Please return to your doctor to discuss examination results.
Radiation Risk
Most medical imaging tests, except MRI and ultrasound, involve exposure to radiation from X-rays. Your doctor considers that the benefits of the examination you require to be greater than the small risk posed by the radiation exposure.

Contact information
Ph: (03) 9076 2118
Email: radiologybookings@alfred.org.au

Radiology – the Alfred
55 Commercial Road, Melbourne VIC 3004
T 03 9076 2000
alfredhealth.org.au

References
The Royal Australian and New Zealand College of Radiologists®

Search Mammography for more information
If you would like to provide feedback contact us at patient.information@alfred.org.au