

## Having a Mammogram

You have been referred for a mammogram by your doctor or health care professional. This leaflet explains what the examination involves and what to expect when you come to the hospital. It may not answer all your questions, so if you have any queries or concerns, please call the telephone number on your appointment letter.

### What is a mammogram and what are the benefits?

The purpose of this examination is to provide an x-ray image of your breast tissue. Mammograms are normally four low dose x-rays of your breasts. One from above and one from the side of both breasts.

A mammogram can be useful in detecting breast abnormalities. Some abnormalities are breast cancer however some are not. Mammograms can detect changes that cannot be felt. When found at an early stage; these changes are easier to treat.

Mammograms are often used in conjunction with breast ultrasound and clinical examination to detect breast abnormality.

### Before your procedure:

There is no preparation required for a mammogram, but you will be asked to undress to the waist during the procedure therefore wearing a skirt/trousers and top would be recommended.

### What happens during the mammogram?

Mammograms are completed by female staff called mammographers. The number of staff present will be kept to a minimum and is usually the person performing the mammogram.

You will be asked to remove your clothes from your top half off and to wear a gown. The gown will be removed before starting the mammogram. Each breast is placed between two plastic plates and pressure is applied to get the best possible x-ray image of your breast. The x-ray itself only takes a few seconds for each image and you will need to keep still.

When the x-ray is being taken it may feel slightly uncomfortable. If you are experiencing pain, tell the radiographer and your position and the compression can be adjusted. If you feel you cannot continue the examination, feel free to ask to stop.

## Will I feel any pain?

A mammogram involves having compression applied to the breast. There is a certain amount of compression that must be used to complete the exam. Some people find the compression uncomfortable, tell the mammographer if you are experiencing pain and positioning and compression can be adjusted.

## What happens after your procedure?

Once the examination is complete you are free to leave the department. The images will be reported, and the results returned to the doctor who requested you have a mammogram. The referring doctor will inform your GP of the results. This can take approximately 6 weeks.

## What are the risks?

A mammogram is a form of x-ray and therefore you are being given a dose of ionising radiation. Ionising radiation can be harmful and therefore every effort is made to give you a dose that is as low as is reasonably achievable while still producing an image that can help in the diagnoses of possible breast abnormalities. Your doctor feels that this is the most suitable examination and that the benefits outweigh the risks.

## Are there any alternatives?

There are other alternative imaging tests, but your referrer has decided that a mammogram would be the most useful in your case. The examination will help your referrer to assess you more fully and plan any further treatment that might be necessary. If you would like more information about alternative imaging tests, please speak to the doctor or health care professional managing your care.

## Asking for consent

The examination only happens with your consent. The mammographer will explain the procedure and ask if you are happy to go ahead with the examination. If you do not wish to have the procedure or are undecided or have any concerns, please tell the mammographer.

Students/trainees may be present during the examination but only with your verbal consent. If you do not wish to have anyone else present during this procedure you should advise the mammographer of this.

Please remember that you can ask the mammographer any questions you have at any time before, during or after your procedure.

## Image sharing

Your images will be electronically stored on the hospital picture archiving system. This data can be accessed throughout the Belfast Health and Social Care Trust and other doctors and health care professionals who are directly involved in your care. The ability to share images and radiological reports will improve the safety and quality of your care by ensuring that the right information is available in the right place at the right time.

To improve the medical services, we provide we may also use your data as anonymously as possible for internal audit and medical education. If you would prefer that your data is not used for these purposes, please inform a member of staff when you attend for your examination.

If your data is to be used for research, then a separate consent process will be used. You will be asked for your consent, should this be the case.

## Contact us

If you have any questions or concerns about coming for your Mammogram, please contact the appointments officer at the number displayed on your appointment letter.

## Feedback

We hope you found the information in this leaflet helpful. If it did not tell you what you needed to know or you would like to provide any feedback on your experience please let us know so that we can make any necessary improvements.

### You can provide feedback on your experience:

Telephone: (028) 9504 8000 (Monday-Friday: 9am-4pm)

Textphone: 18001 028 950 48000

By email: compliments@belfasttrust.hscni.net

By email: complaints@belfasttrust.hscni.net

By completing an online  
form: <http://www.belfasttrust.hscni.net/contact/FeedbackForm.htm>

## Care Opinion



We invite you to share your experience by clicking the following  
link: <https://www.careopinion.org.uk/>

or by scanning the following QR code on your  
smartphone or tablet:



## Language and accessible support services

### Deaf/Hard of Hearing

If a Sign Language interpreter is required, please either telephone **028 9615 8900** via the Sign Video remote interpreting service (<https://signvideo.co.uk/deaf-community/>) or email us at [BCHMammography@belfasttrust.hscni.net](mailto:BCHMammography@belfasttrust.hscni.net) and we will arrange one for your appointment. Please have your H&C number ready when calling or include it in your email. This can be found at the top right corner of any Health and Social Care letters you may have received.

If you are unable to hear on the phone and need to contact us with regards to your appointment you can email us at [BCHMammography@belfasttrust.hscni.net](mailto:BCHMammography@belfasttrust.hscni.net).

### Do you need this information in another format or language?

The Trust has access to interpreting and translation services. If you need this information in another language or format, including Braille, large print, CD, audio tape please contact the telephone number or e-mail address 028 950 40135 / [MPHAdminFOH@belfasttrust.hscni.net](mailto:MPHAdminFOH@belfasttrust.hscni.net), and we will do our best to meet your needs.

### Czy potrzebujesz tych informacji w innym formacie lub języku?

Fundusz ma dostęp do usług w zakresie tłumaczeń ustnych i pisemnych . Jeśli potrzebujesz tych informacji w innym języku lub formacie, w tym w piśmie Braille'a, dużym druku, na płycie CD, kasecie magnetofono

nowej, skontaktuj się z nami pod numerem telefonu lub adresem e-mail (028 950 40135) / MPHAdminFOH@belfasttrust.hscni.net, a my dołożymy wszelkich starań, aby spełnić Twoje potrzeby.

هل تحتاج هذه المعلومات بصيغة أو بلغة أخرى؟

تستطيع الجمعية توفير خدمات الترجمة الفورية والتحريرية. إذا احتجت هذه المعلومات بلغة أو بصيغة أخرى، بما فيها صيغة

أو في شريط مسموع، يُرجى CD أو صيغة بالأحرف الكبيرة، أو في سي دي Braille برايل الاتصال برقم التليفون أو عبر البريد

وسوف نبذل قصارى جهدنا في تلبية { / } (028 950 40135) الإلكتروني  
احتياجاتك.MPHAdminFOH@belfasttrust.hscni.net

### Ar jums reikia šios informacijos kitu formatu ar kalba?

Tarnyba gali suteikti vertimo žodžiu ir raštu paslaugas. Jei reikia šios informacijos kita kalba ar formatu, įskaitant Brailio raštą, didelį šriftą, kompaktinį diską, garso įrašą, skambinkite telefonu arba susisiekite el. paštu (028 950 40135) /

MPHAdminFOH@belfasttrust.hscni.net ir mes padarysime viską, kad patenkintume jūsų poreikius.

### Aveți nevoie de aceste informații într-un alt format sau altă limbă?

Trustul are acces la servicii de interpretariat și traducere. Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un alt format, inclusiv Braille, tipărire cu caractere de mari dimensiuni, CD, înregistrare audio, atunci vă rugăm să ne contactați la numărul de telefon sau la adresa de e-mail (028 950 40135) /

MPHAdminFOH@belfasttrust.hscni.net, iar noi vom face tot posibilul pentru satisfacerea necesităților dumneavoastră.

### Ita presiza atu informasaun ida ne'e iha formatu ka lian seluk ka lae ?

Fidusiáriu ida ne'e iha asesu ba servisu durubasa no tradusaun. Se Ita presiza informasaun ida ne'e iha lian ka formatu seluk, inklui letra Braille, letra boot,

CD, kasete audio, entaun favór telefone número ka enderesu e-mail (028 950 40135) / MPHAdminFOH@belfasttrust.hscni.net, no ami sei halo esforsu tomak atu kumpre Ita-nia nesesidade sira.