

MAMMOGRAM GUIDANCE

WHAT IS MAMMOGRAM

A mammogram is a special x-ray of the breast and it is used as a screening tool for breast cancer. It is very important not to wear deodorant, powder, or lotion on the day of your exam as it can cause false artifacts on the film.

WHAT TO EXPECT

When you arrive for your appointment you will be asked to remove all clothing from your waist up and place a patient gown on. Your breast will be positioned on a hard surface and then compressed. This can be discomforting but it is needed in order to get a quality film for the radiologist to review.

For more detailed information you can log on to the [American Cancer Society](#) and type Mammograms in the search engine.

HOW TO PREPARE

- Please bring previous mammograms if performed at another facility with you on the day of your appointment for comparison.
- DO NOT wear deodorant, powder, or lotion in the breast or armpit area on the day of your procedure.
- Check-in for your appointment will be on the 2nd floor of the Naval Hospital directly above the Laboratory.
- Please arrive 15 minutes prior to your scheduled appointment as you will need to fill out some paperwork.
- If you have any questions or concerns regarding your appointment please call **450-HELP (4357)**.