

WHAT TO EXPECT DURING YOUR

# Mammogram

For more information, contact your healthcare provider or visit: [cancer.nwt.ca](https://cancer.nwt.ca)

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## What is a mammogram?

A mammogram is a specialized x-ray of the breast, completed in private by a specially-trained technologist.

A mammogram can detect changes in breast tissue.

### How to prepare for your mammogram:

- Do not wear deodorant, baby powders, creams or lotions on the day of your appointment. These products can interfere with the exam and leave residue that make it hard to read your mammogram.
- Wear a 2-piece outfit (like a top and pants or top and skirt); you will have to undress from the waist up.



## STEP 1:



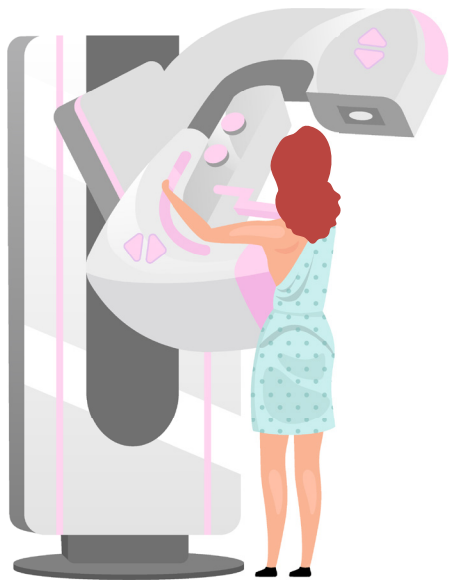
Your healthcare team will collect information from you about your breast health and medical history.

## STEP 2:



You will be provided with a gown and asked to remove your clothing from the waist up.

### STEP 3:



Proceed with the mammogram exam.  
When pictures of the breast are taken, you may feel a tight squeeze on your breast.

### STEP 4:



You will be notified of your results and any recommended follow-up exams.