

General things for you to consider in any diagnostic imaging suite. Here's what you can do to make your experience a better one:

- Avoid wearing lots of cosmetics; perfumes, hair sprays, body piercings, and jewelry.
- Keep your valuables at home.
- If you are anxious, bring a friend or family member. They may not be able to be with you during your exam, but just knowing that they are in the lobby area will help you relax.
- If your doctor has prescribed you oral sedation, you need to have a person that can drive you to and from our center.
- If you have questions, please ask. We want your experience to be beneficial and comfortable. Our technologists and staff are more than willing to help you.
- If you are able to eat before your exam, avoid foods and beverages that may make you anxious such as caffeinated beverages, high sugar foods, alcohol, and high-energy bars.

## Mammograms

Key things to remember if you are having a Mammogram examination:

- Eat or drink as normal.
- Avoid wearing powders, perfumes, deodorants, or antiperspirants around the breast area.
- If you have had a previous mammogram at another facility, please bring the images and reports for comparison.
- Take your medications as usual.
- Arrive 30 minutes before your scheduled appointment.

Mammography is an extremely important tool in the fight for breast cancer. Using 'soft' X-rays, the various densities of tissues within the breast are seen on the mammography films so that the radiologist can make a diagnosis or recommend additional imaging to determine if cancer is present.