



Welcome to the OSF Saint Anthony Medical Center Mammography Department.  
You have been scheduled to have a **Digital Mammogram**.

This information will help you understand the test that has been scheduled.  
Thank you for trusting OSF for your medical imaging needs.

**When to come:**

Please arrive 15 minutes before your appointment time to check in.

**What to bring with you:**

You may have had mammograms done at a facility other than OSF Saint Anthony Medical Center or OSF Center for Health – Rock Cut. Please bring a copy of the films with you the day of the test. You may also request that the doctor’s office send the films. By not having your previous mammograms, your mammogram results may be delayed.

**Preparation:**

Remove all deodorant, powder or lotion under your arms and breast area.

You will undress down to your waist and put on a comfortable gown that opens in the front.

**Family:**

Your family or friends may be asked to stay in the waiting area during your test. If adult patients must bring children with them, please bring another adult to watch the children.

**Jewelry:**

There could be a chance that we ask you to remove all jewelry from the neck area.

**Pregnancy testing:**

Pregnancy testing will now be performed on females receiving diagnostics between the ages of 10 and 55 if you have not had your tubes tied or a hysterectomy. Home pregnancy tests are not acceptable. If you know that you are pregnant, please notify your doctor.

**Test instructions:**

A digital mammogram is a specific type of imaging that uses low-dose X-ray and a computer to examine breasts. During a mammogram, a registered mammography technologist will position your breast in the mammography machine.

While on a special plate, your breast is compressed with a plastic paddle. Breast compression is necessary to even out the breast, so that all of the tissue is seen. When the breast is compressed, smaller abnormalities are less likely to be hidden. In addition, compressing the breast tissue allows the use of less radiation.

The compression of the breast during a mammogram is not dangerous, and does not damage breast tissue or produce any long-term discomfort.

Once your breast is positioned and compressed, the technologist will walk to the side of the room to take an X-ray picture. You must hold very still and may be asked to hold your breath for a couple of seconds while the X-ray picture is taken. This helps to keep the pictures from turning out blurry.

You will be asked to change positions between each picture, so the breasts are imaged from the top to bottom and angled from the side. The process will be repeated for the other breast. The test will take 15 to 30 minutes.

While the digital mammogram is a method of detecting breast cancer, it does not find all breast cancers. It is important for you to do breast self-examinations on a monthly basis and see your doctor on a regular basis.

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**SAINT ANTHONY  
MEDICAL CENTER**

**Mammography Department**

815-227-2790 or 815-639-8340

**Test Name:**

Digital Mammogram

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**After test instructions:**

You may resume normal activity for the rest of the day. After the mammogram, you may experience some discomfort from the breast compression

There is a slight chance you might have some temporary skin discoloration involving one or both of the breasts. Occasionally there will be a mild aching because of the compression.

**Test results:**

A radiologist - a doctor specializing in reading mammography exams - will complete a report that will be sent to your ordering doctor. If you are not asked to return for a special mammogram – called a diagnostic mammogram - you will receive your mammogram result in the mail within 30 days.

If you need to come back to have a diagnostic mammogram, you will be called by a Women Center nurse to arrange an appointment for the OSF Saint Anthony Medical Center - Women's Center. A radiologist will review these special images on the day you have your diagnostic mammogram. The findings will be discussed with you that day.

We understand and share your concern about returning for a diagnostic mammogram, but this does not necessarily mean something is wrong. In fact, 10 percent of patients return for a diagnostic mammogram. These views are necessary before the exam is considered complete.