



Patient Instructions
Mammogram
Department of Radiology
(217)366-1285

Patient Name _____
Date of Appointment _____ Time of Appointment _____

You are scheduled for a Mammogram at one of the following locations. Check in at Central Registration on the first floor, and then proceed to the Radiology Department. Please check in at the Radiology desk when you arrive.

Christie Clinic on University
Radiology Department-3rd Floor
101 West University Avenue
Champaign, IL 61820

Christie Clinic on Windsor
Radiology Department-1st Floor
1801 West Windsor Road
Champaign, IL 61822

If you experience any breast changes (for example, pain or lump) after the time that you schedule your appointment, please contact Radiology as soon as possible. There may need to be a change in your appointment date/time or location.

If you are unable to keep your appointment, please cancel at least 24 hours before your scheduled appointment time by calling (217)366-1285.

What does this procedure show?

A mammogram shows abnormalities (if any) of the breast tissue, surrounding ducts and glands. Christie Clinic physicians follow the American Cancer Society guidelines in frequency of screening mammography-a yearly mammogram begins at age forty. However, if there is a family history of breast cancer or signs of breast cancer, you physician may prescribe a diagnostic screening beyond the recommended guidelines.

It is important that you notify your physician and the radiology staff if you are pregnant, could be pregnant or are breastfeeding. After you have stopped breastfeeding, you should wait a minimum of 6 months before scheduling a screening mammogram.

How do I prepare for the procedure?

No special preparation is required. Wearing slacks or a skirt to the appointment will be more convenient as you will be asked to remove any clothing from the waist up. You will also be asked to remove any underarm deodorant/antiperspirant or powders as these products will interfere with the quality of the x-ray. Towelettes to remove these products will be available, as well as deodorant to apply after your mammogram.

It is very important for the radiologist to have your previous mammograms for comparison at the time of your study. When you schedule your appointment you will be asked when and where previous mammograms were done. It may be necessary for you to sign a release from so that those films can be sent to Christie Clinic Radiologist.

If you have had an abnormal mammogram, are having any breast complaints, implants, or have a personal history of breast cancer, please advise the radiology staff at the time you make your appointment.

What will happen during the procedure?

A mammogram is performed by compressing each breast between an acrylic paddle and a film holder. Initially, two or three views of each breast are taken. Compression of the breast is necessary to obtain a clearer x-ray image and also to lower the radiation dose as much as possible. Some women find this compression uncomfortable. Scheduling the mammogram just after the menstrual period, when the breasts are less tender, may lessen the discomfort. Avoiding caffeine (e.g., coffee, tea, chocolate and caffeinated soft drinks) in the days prior to the exam may also help reduce discomfort. Please remember that the discomfort is very brief in comparison to the risks of undetected breast disease. If you feel nervous, tell the technologist. The technologists are very careful in applying compression. They will explain the procedure and make every effort to minimize your discomfort. After the test is completed you may resume normal daily activities.

How long will the procedure take?

Screening mammograms take approximately 15-30 minutes.
Diagnostic mammograms take approximately 30-45 minutes.

How do I get results of the procedure?

For screening mammograms, you will receive a letter from the Department of Radiology. Occasionally the radiologist may request additional images of your breast for further evaluation. There is no need for concern if additional imaging is needed. You will be contacted by phone by the Radiology Department and scheduled for a diagnostic mammogram and possible Ultrasound at the University Avenue Clinic.

For diagnostic mammograms you may choose to receive the Radiologist recommendation at the time of your appointment or you may choose to be contacted by your ordering physician once their office receives the results.

If you have not received your results within two weeks following this procedure, please contact your physician's office.