What to expect during your exam

**The Procedure**
During mammography, a specially qualified radiologic technologist will position your breast in the mammography unit. You must hold very still and may be asked to keep from breathing for a few seconds while the x-ray picture is taken to reduce the possibility of a blurred image. The technologist will then activate the x-ray machine. The examination process should take about 30 minutes.

**Positioning**
Your breast will be placed on a special platform and compressed with a clear plastic paddle. The technologist will gradually compress your breast. You will be asked to change positions between images.

**Benefits**
Reduces the risk of death due to breast cancer. Useful for detecting all types of breast cancer, including invasive ductal and invasive lobular cancer. Improves a physician’s ability to detect small tumors.

What to bring with you

- **Photo ID**
- **Health insurance card**
- **Prescription/referral or authorization paperwork**
- **List of current medications**
- **Previous images and reports**

To find your nearest DCA center, visit [DCAmedical.com/Locations](http://DCAmedical.com/Locations)
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**EXAM PREPARATION**

**3D Mammography**

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**How to prepare for your exam**

Your specific exam prep will be provided at the time of scheduling and also sent to your email address on file.

**Eating**

Depending on the type of exam, you will be instructed on what you may eat or drink beforehand.

**Clothing**

No jewelry. Comfortable, loose-fitting clothing. You may be asked to change into a gown. Don’t wear deodorant, talcum powder or lotion under your arms or on your breasts.

**Metal Objects to Avoid**

Purse, wallet, money clip, credit cards, cards with magnetic strips, electronic devices such as beepers or cell phones, hearing aids, metal jewelry, watches, pens, paper clips, keys, coins, hair barrettes, hairpins, any article of clothing that has a metal zipper, buttons, snaps, hooks, underwires, metal threads, shoes, belt buckles or safety pins.

**Medical**

No medical restrictions.

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**Important things to mention to your DCA Technologist**

Before your procedure, you may be asked to fill out a screening form asking about anything that might create a health risk or interfere with imaging. You may also undergo an interview to review your medical conditions.

**In General**

- Prior surgeries
- Hormone use
- Family history
- Symptoms

**Limitations**

- Recent illness
- Allergies
- Mobility
- Weight
- Cognitive functions
- Any other disabilities

**Women**

- Possibility of pregnancy
- Currently breastfeeding (pump one hour prior to exam)

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Reports will be available in your Patient Portal or at your nearest DCA center five business days after exam.

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