

So you are getting a

MAMMOGRAM



BEFORE your exam

Questions to ask:



How long will the appointment take?



What do I need to bring?



How will my needs be accommodated?

Accommodations provide individuals with equal access:
Examples: more time, translator, transfer or positioning assistance, accessible exam equipment, support person

What to know:



Wear separate top and bottoms for ease and comfort



When scheduling, consider breasts may be tender the week before your period



Do not apply anything under arms

What your Provider needs to know:

If you have:



Lumps or dimples



Size or shape change



Pulled in nipple



Breast or armpit pain



Discharge



Redness or rash

Breast Health Record

- Mammograms
- Biopsies
- Procedures
- Family or Personal Breast Cancer History
- Hormone Use

Mammograms are safe!

Feel certain and confident – you are taking care of your health!

Schedule a mammogram

If uninsured, contact the Kentucky Women's Cancer Screening Program
 (844) 249-0708
 or visit
www.bit.ly/KWCSPscreening

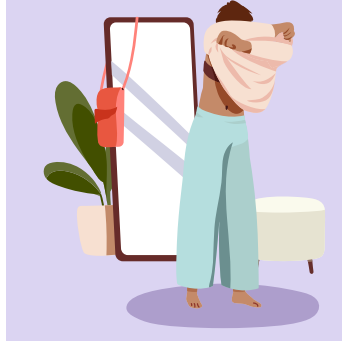
Contact a local provider:

add local clinic or organization here

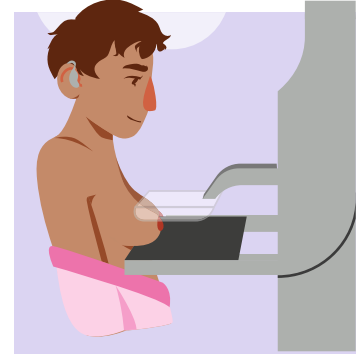
DURING your mammogram



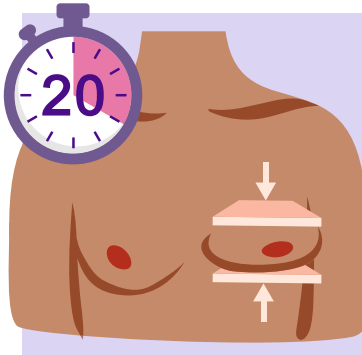
When you arrive, you will get a wrap/gown



Undress above the waist and put on wrap/gown



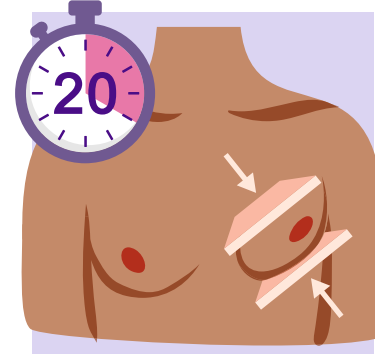
Your breast will be placed in/on the machine



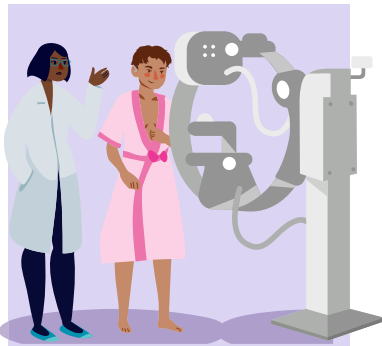
A plastic plate will be pressed down onto your breast for 15-20 seconds



You may be asked to hold your breath for a few seconds



You will then change position so your breast can be pressed side to side



The provider will let you know when the exam is done



Change back into your clothing



Ask about getting notes from your visit and instructions for after

Ask how and when you will receive your results.

Make sure you understand and get all of your questions answered.

The information on this resource is from the [American Cancer Society](#), the [Centers for Disease Control and Prevention](#), and the [Kentucky Cancer Program](#).

Additional Resources
Scan QR code or visit
bit.ly/WomensHealthResources




Kentucky Public Health
Prevent. Promote. Protect.


KCP
Kentucky Cancer Program

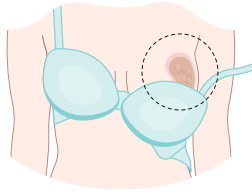
5 NU58DP007111-02 funded by the Centers for Disease Control and Prevention's National Breast and Cervical Early Detection Program.


Kentucky Women's
Cancer Screening Program

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AFTER your mammogram

After a mammogram, some women have...



Light bruising



Sore breasts for up to one day

Results



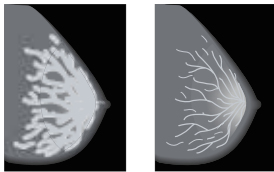
Expect your results within two weeks



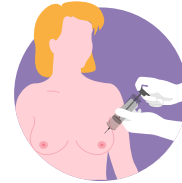
Results may be received by telephone, mail, or electronic message

Follow-up

Abnormal results do not mean you have breast cancer. However, you may need:



Additional images to collect more information



Additional testing to determine if you have cancer

Contact your provider if you...



Have intense breast pain after the mammogram

Do not understand your results



Do not get your results after two weeks

The **American Cancer Society** can help you better understand your results.

Visit the link to learn more

www.bit.ly/MammogramACS

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