

Sultan Qaboos Comprehensive Cancer Care & Research Centre

Breast Cancer Program

**Important  
information about  
the mammogram**

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### **information about the mammogram:**

Imaging is an important part of screening for breast cancer. A mammogram is a low-dose X-ray of the breast. While not always reliable, this is still the best test we have to screen women for breast cancer.

A screening mammogram consists of two «pictures» of each breast. If an area on the mammogram looks suspicious or is not clear, additional mammograms with different views may be needed. The annual screening mammography is recommended for all women who are over 40 years old. Best time to do the screening mammogram is in your menstrual period days.

Diagnostic mammography is a mammogram used for problem solving, rather than for screening. For instance, if a patient has a lump in her breast, a directed investigation of that area is performed. This is also done when a particular finding in the breast is being followed over time. Diagnostic mammogram can be done any time.

### **Instructions before doing mammogram:**

- Stay clean.
- Avoid wearing deodorant, perfume, body spray or lotion the day of the mammogram.
- Skip the caffeine.
- Bringing records or films from previous mammograms performed at other facilities.