

# Mammogram



A mammogram is a special x-ray that takes pictures of my breasts. This is a way for a doctor to find out if my breasts are healthy. I will go to a special clinic to have this test done – this might even be at a hospital. Having a mammogram does not mean that I am sick! This is something that many women are asked to do.

1. Take off my top and my bra.
2. Then, my breasts will be placed on the x-ray machine.
3. I need to stay very still. It will squeeze my breast and that might hurt, but it will be over soon.
4. The machine will take the x-ray pictures.
5. I am all done!

## Would I like to learn more about a mammogram?



**Do I want to watch a video?**

<http://ow.ly/ZtFYi>



**Do I want to read a booklet and look at pictures?**

<http://ow.ly/ZtGbc> or, this booklet: <http://ow.ly/ZtGlz>



**Do I want to listen to someone speak and look at pictures?**

<http://ow.ly/ZtGlz>



**Do I need a centre that is wheelchair accessible?**

Here is a list of places that are accessible for wheelchairs.

<http://ow.ly/ZtGVJ>

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“Hi, my name is Janelle. Here are some things that I find helpful when I have to get a mammogram. I hope they help you too!”

- ☒ Ask to have an appointment that is at a time that is best for me.



- ☒ Remember not to wear any deodorant that day.



- ☒ Bring a friend, family member, or someone I trust to come with me.



I am nervous...

- ☒ Let the mammogram centre know that I might be a little nervous.

- ☒ Ask if I can sit down – if it is hard for me to stand up.



- ☒ Give myself a reward when I am done. The reward I am going to have is:

\_\_\_\_\_.

- ☒ If I think of other questions, I can call: \_\_\_\_\_.