



# Going for a Mammogram

This is a Plain English information leaflet.



## Siobhán's story

Siobhán gets a letter in the post from BreastCheck.

She asks her keyworker Orla to read the letter with her.

The letter is about an appointment for a mammogram.

A mammogram is a special x-ray of your breasts to check for breast cancer.

The letter says when the appointment will be and where it will be.

Siobhán asks Orla to come with her to the mammogram.

They check the diary to see if the date suits.

Siobhán can ring BreastCheck to change the appointment if the date does not suit.

The phone number is on the letter.

Most BreastCheck appointments take place in a mobile unit. These are parked in different places around the country. Sometimes appointments might be at a BreastCheck building.

Siobhán talks to her friend Mary about BreastCheck and the mammogram.

Lots of people feel nervous the first time they have a mammogram.

### **The appointment:**

It is the day of the appointment.

Siobhán and Orla take the bus to the mobile unit.

You can also use public transport to get to most BreastCheck buildings and mobile units.

There are disabled parking spaces near most BreastCheck buildings and mobile units.

You can use steps or a lift to get inside the mobile unit.

Siobhán goes into the mobile unit.

She gives her name to the person at the reception desk.

Siobhán and Orla sit in the waiting area.

## **Consent**

Siobhán is given a consent form to sign before she has the mammogram.

Staff in the unit will explain the consent form to Siobhán.  
Siobhán can ask questions before she makes a decision.

She can ask for her carer to be in the x-ray room with her during the mammogram.

## Having a mammogram

Siobhán's name is called.

She goes into a small room called a cubicle.

She takes off her coat, jumper and bra but leaves on her top.

A person called a radiographer does the mammogram.

There will be two radiographers at an appointment.

A special x-ray machine takes pictures of all of your breast.

It takes these pictures from different sides.

Siobhán is ready to have the mammogram.

Siobhán has to take her top off during the mammogram.

The radiographer tells Siobhán what will happen.

During the mammogram, you will stand or sit tight to the machine.

The radiographer will put you in the right place.

A plate comes down and presses on your breast.

This might be a bit sore.

The radiographer will move you to get the best pictures.

You need to stay still.

It only takes about a few minutes to have a mammogram.

Each picture takes about twenty seconds.

When the mammogram is finished, Siobhán gets dressed.

Siobhán takes it easy when she gets home.

She feels a bit sore for a while after the mammogram.

She will get the results in three weeks.

## Mary's story

Mary also has an appointment with BreastCheck.

Mary is a wheelchair user.

She arrives for her appointment.

Mary presses a button on the outside of the mobile unit.

This lets staff know that Mary is here.

They will support her to get into the mobile unit.

Mary uses a lift to get inside.

Staff from the mobile unit work the lift.

The lift in some mobile units will bring you straight into the x-ray room.

Mary can take off her clothes and get ready in the x-ray room.

She does not use a cubicle.

Mary signs her consent form in the x-ray room.

Mary asks the radiographer some questions before her mammogram.

Mary will stay in her chair for the mammogram.

When the mammogram is over, Mary goes home to relax and have some lunch.

# More information

[www.breastcheck.ie](http://www.breastcheck.ie)

Phone us free on 1800 45 45 55

The photo on the cover was taken by Pauline  
Dennigan Photography



*Kerry Parents and Friends Association*



An tSeirbhís Náisiúnta Scagthástála  
National Screening Service

