

## Why do we need to compress your breast?

To get the best mammogram possible, we will need to apply pressure to compress your breast. Good compression will help us to:

- Spread the breast tissue to show very small detail
- Keep the breast still to avoid blurring of the x-ray (mammogram) image
- Reduce the radiation dose

Some women will feel some discomfort during their mammogram, yet it only lasts a few seconds. A few women will occasionally experience some bruising.

If you have any queries or questions please talk to your radiographer.

BreastCheck is a Government-funded programme and part of the National Screening Service.

