For a variety of reasons, the radiologist may request that additional images be taken. This should not be a cause for alarm as extra views are taken often. Also it is not unusual for a breast ultrasound to be recommended as follow-up to a mammogram. If additional, specialized views are needed they are done right away. Mammograms are performed by X-ray technologists who have special training and education in mammography.

How and when will I get my test results?
A radiologist will interpret the mammogram while you wait and the results will be shared with you immediately. A full written report will also be sent to your referring physician, typically within 48 hours. Additional time may be required if we are comparing these test results to previous findings from other facilities.

Where is the test performed?
Your digital mammography will be performed in the Imaging Services Department of Cayuga Medical Center at the location selected below.

Imaging Services Locations:

- **Cayuga Medical Center**
  101 Dates Drive
  Ithaca, New York 14850

- **Ithaca Convenient Care**
  10 Arrowwood Drive
  Ithaca, New York 14850

- **Cortland Convenient Care**
  1129 Commons Avenue
  Cortland, New York 13045

(607) 274-4376

www.cayugamed.org
Digital Mammography

What is the test?
Mammography is an X-ray test of the breasts and is the most sensitive way to identify early (small) breast cancers. The American Cancer Society recommends that a woman have a baseline mammogram when she is between the ages of 30 and 40, and annual mammograms after age 40. A mammogram is not a perfect test. Both breast self-examination and an annual physical examination by your health care provider are important in detecting breast cancer.

A screening mammogram is performed routinely on a woman with no symptoms, to help identify breast abnormalities that are not clinically evident.

A diagnostic mammogram is performed to evaluate a lump, mass, nipple discharge, or other breast symptom, or to evaluate a finding that is identified on a screening mammogram.

How do I prepare?
Many women find they are more comfortable during the exam if they have not consumed caffeine (coffee, tea, cola, and chocolate) for at least 48 hours before a mammogram. Plan to arrive at your designated Imaging Services site 15 minutes before your scheduled appointment. On the day of the exam, do not wear deodorant or powder, as they can cause false abnormalities on the mammogram. You might want to wear a two-piece outfit because you will be asked to disrobe from the waist up and given a hospital gown to wear.

What can I expect during the procedure?
For a screening mammogram, two X-ray views of each breast are taken. In order to decrease X-ray exposure, and to better visualize the breast tissue, the breast is specially positioned and compressed for each mammographic view. As part of our commitment to customer service, Cayuga Medical Center radiologists immediately review all mammograms so our patients don’t have the anxiety of waiting for results.