



## Thank you for choosing HSHS St. Anthony's Women's Wellness – Breast Care Services

Below are a few helpful hints for your upcoming mammogram:

- On the day of your mammogram, do not use any deodorant, lotion, cream or powder under your underarms or breasts – these could interfere with a clear mammogram.
- Before the exam, when you schedule your appointment, describe any breast symptoms or problems you are having to the scheduler. If there are symptoms present or if you are under the age of 35, a physician's order is required prior to the exam.
- If you have had your last mammogram at another facility, the Radiologist/Hospital will need these films for comparison. Please request the facility to mail copies of your exams to St. Anthony's Women's Wellness Center. Another option is to request copies of your films from the facility and bring them with you to your exam.
- **COMPRESSION** is the most important feature in acquiring a good image of the breast. The more compression you are able to allow, the better the view the Radiologist has of the breast. Compression of the breast may be uncomfortable; however, the procedure will last only a few minutes.
- **To increase your comfort**, St. Anthony's Women's Wellness Center is a "Pink Ribbon Facility" which means we will provide a Mammo pad for your exam. The pad is placed on the machine to provide a cushion. We are the only facility in the region to offer this service to mammogram patients.
- **To reduce discomfort**, if you notice your breasts are tender around the time of your period, schedule your mammogram for one week after your period ends. Do not drink or eat items with caffeine (coffee, tea, soda and chocolate) for one week prior to your mammogram. It also helps to take Tylenol or Ibuprofen (Advil, Aleve, etc.) about one hour prior to your scheduled appointment time unless restricted by your physician.

**For questions or to schedule your mammogram,  
please call St. Anthony's Women's Wellness Center at 217-347-1601.**

*St. Anthony's Women's Wellness Center  
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*Early Detection is the Best Protection*