

## What to expect during your mammogram

Thank you for choosing Daviness Community Hospital for your breast health care. We're honored to be part of your wellness journey and are committed to providing a safe, supportive, and compassionate environment every step of the way.

Whether this is your first mammogram or your annual screening, here's what to know before your appointment:

### Preparing for Your Appointment

- **Wear a two-piece outfit** – You will only need to remove your top, so wearing a separate top and bottom will help you feel more comfortable.
- **Avoid deodorant, lotions, and powders** – Please do not apply these products on your breasts or underarms on the day of your exam, as they can interfere with image quality.
- **Check in 30 minutes early** – Please arrive in the Admitting Department at least 30 minutes prior to your scheduled exam time.

If your provider has not already scheduled your mammogram, you can call us directly at **(812) 254-9324** to make an appointment.

### During Your Visit

You will be shown to a private dressing room, where you'll change from the waist up and put on a hospital gown. Our caring staff will guide you every step of the way.

One of our board-certified mammography technologists will gently position each breast onto the imaging surface. A light compression will be applied briefly to ensure a clear and accurate image. Typically, two or more views of each breast will be taken.

Once your images are complete, they will be reviewed by one of our board-certified radiologists, who will also compare them with any past imaging if available. If any additional views or follow-up tests are needed, one of our technologists will call you. If no further imaging is necessary, a summary letter will be mailed to you, and a full report will be sent to your ordering provider.

### Screening vs. Diagnostic Mammogram: What's the Difference?

- **Screening Mammogram:** A routine annual exam recommended for women aged 40 and older, especially those at higher risk. A high family risk means having two or more first-degree relatives (mother, sister, daughter) diagnosed with breast cancer.
- **Diagnostic Mammogram:** Ordered when there are breast concerns such as a lump, pain in a specific area, nipple discharge, or skin changes like dimpling. Diagnostic

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mammograms are often scheduled alongside a breast ultrasound to get more detailed views.

At DCH, our goal is to make your experience as comfortable, accurate, and timely as possible—because your health matters and your time is valuable.

If you have any questions or would like to schedule your exam, please contact us at **(812) 254-9324**.

Thank you for trusting us with your care.

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