



MAMMOGRAPHY | BREAST ULTRASOUND | BREAST BIOPSY

Your physician has prescribed a mammography, a breast ultrasound, or a breast biopsy. These exams help to screen for and diagnose benign and malignant breast pathologies. These exams can be preventive (Québec Breast Cancer Screening Program) and serve to detect any lesions/lumps whether or not they have been palpated by you or your physician. These exams can be added and/or modified according to the clinical information available and with the approval of the radiologists.

ABOUT THE EXAM

MAMMOGRAPHY:

- Each breast is compressed as low-intensity X-rays are used to take images.
- Compression also helps to spread mammary tissue to generate higher quality images and to gain a better view of the structure of the breast,
- This exam can be uncomfortable, but the pain is tolerable.
- For the screening mammography, a **mandatory delay of one year and one day** between each exam is required.

BREAST ULTRASOUND:

- Ultrasounds are used to generate images of the breast. This exam often complements the mammography.
- Breast ultrasounds help to see the nature of palpated nodules or those found in mammograms (liquid or solid), and to analyze the anomalies.

BREAST BIOPSY:

- Performed under local anesthesia.
- A sample from a breast anomaly is taken. That sample is then sent to the laboratory for analysis to determine its nature.
- These examinations each last approximately 30 to 45 minutes.
- Your exam results will be forwarded to your physician, who in turn will give them to you as soon as possible.
- There are no contraindications for these exams except for pregnant women who cannot have a mammography.

PREPARING FOR THE EXAM

MAMMOGRAPHY:

Do not apply any cream on your breasts or use deodorant or talc because these products could appear in the images and cause interpretation errors.

BREAST ULTRASOUND:

No preparation is required.

BREAST BIOPSY:

If you take any anticoagulants (blood thinners), please notify the administrative officer when scheduling your appointment.

ON THE DAY OF THE EXAM

MAMMOGRAPHY OR BREAST ULTRASOUND:

- You will be asked to put on a hospital gown.
- A technologist will complete a questionnaire with you.
- Do not hesitate to ask the technologist or radiologist questions during the exam.

BREAST BIOPSY:

- You will be asked to put on a hospital gown.
- A technologist will complete a questionnaire with you, and will then assist the radiologist during your examination.
- Do not hesitate to ask the technologist or radiologist questions during the exam.

BRING THE FOLLOWING TO THE EXAMINATION

- A valid health insurance card (to avoid paying for this test).
- A valid hospital card (otherwise you will have to go to the reception or admission department to get a card before your appointment).
- A list of your medications, if required.
- A bag for your personal items. Do not bring or wear any jewels or valuables. (The hospital is not responsible for lost or stolen objects.)

SCREENING MAMMOGRAPHY (*not offered in Granby*): If your appointment was scheduled following the reception of a letter from the PQDCS, please bring that document as we cannot proceed with the exam without it.

Mammography, biopsy, or breast ultrasound: If the exam **complements** one performed at a breast centre outside the CIUSSS de l'Estrie – CHUS, you may be asked to bring the X-ray images (CD) along with a copy of the exam report. If necessary, you will be given this instruction during your appointment.

AFTER THE EXAM

MAMMOGRAPHY:

It is normal to experience discomfort due to the compression on the breasts required for this type of exam.

BREAST BIOPSY:

- Keep your bandage dry for 48 hours.
- If you feel pain, apply cold compresses (ice) on the injection site. You can take acetaminophen (Tylenol) or ibuprofen (Advil) tablets, but not Acetylsalicylic acid (Aspirin).
- Do not exert force/lift weights for 48 hours.

CANCELLING OR POSTPONING AN APPOINTMENT

To cancel or postpone your appointment, --refer to the coordinates in the checklist below.-

DO YOU HAVE ANY QUESTIONS?



<https://www.santeestrie.qc.ca/en/care-services/services-specialises/imaging-nuclear-medecine/>



Info-Santé 811 OR speak to your prescriber.

CHECKLIST

My examination date: _____

Hôtel-Dieu de Sherbrooke

580, rue Bowen Sud

Sherbrooke, Québec J1G 2E8

Enter through door 25 (at the corner of Woodward and Murray)

3rd floor, section 9, room 2456

To cancel or postpone your test:

819-346-1110, Ext. 22456

Hôpital Brome-Missisquoi-Perkins

950, rue Principale

Cowansville, Québec J2K 1K3

The radiology reception desk is on the first floor.

To cancel or postpone your test:

450-266-4342, Ext. 35990

Hôpital de Granby

205 Leclerc Ouest

Granby, QC J2G 1T7

Radiology reception desk

To cancel or postpone your test:

450-375-8017

Centre de santé et de services sociaux du Granit

3569 rue Laval

Lac-Mégantic, QC G6B 1A5

Radiology reception desk on the ground floor

To cancel or postpone your test:

819-583-0330, Ext. 37358

Author

Medical imaging and nuclear medicine team

Revision and layout

Service des communications

Direction des ressources humaines, des communications et
des affaires juridiques

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