



IMAGERIE MÉDICALE | MEDICAL IMAGING

WESTMOUNT SQUARE

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PREPARATION FOR MAMMOGRAPHY

Attention! We cannot accept a requisition from your physician on which the expressions “dépistage” or “screening” are either circled, checked or written. If this is the case, you must go to a designated *Programme québécois de dépistage du cancer du sein (PQDCS)* center or you must get a new requisition for a “routine” or a “diagnostic” mammogram.

Rules for mammograms

AGE	CRITERIA	MAMMO	U/S
30 yrs or less	For mass or pain	No	Yes
31-35 yrs	Routine - no family history	No	Yes
31-35 yrs	Routine - with family history	Yes	
31-35 yrs	For mass or pain	No	Yes
36-40 yrs	Routine - with family history	Yes	
36-40 yrs	Routine -no family history	No	Yes
36-40 yrs	For mass or pain	Yes	
41 and over	Routine - no family history	Yes	
41 and over	Routine - with family history	Yes	
41 and over	For mass or pain	Yes	

Preparation

- ❖ A bilateral mammogram is a 20 minute exam.
- ❖ If you have *breast implants*, let us know when you take your appointment since the required time of your exam will be 40 minutes.
- ❖ *No deodorant, antiperspirant, powder or colognes* for your exam.
- ❖ If you have long hair, please bring something to tie it back.
- ❖ If you have sensitive or sore breasts, avoid caffeine for 2-3 days before your exam.
- ❖ **It is required to bring any reports and mammogram images which were done in another clinic than Westmount Square Medical Imaging.**

Additional Mammogram Images

It is possible, for a multitude of reasons (technical and diagnostic) that our radiologist asks you to comeback for few additional images in order to answer remaining questions after your initial visit Additional mammogram images consist of; compression views, magnification views and alternate positions.

In such a case, the personnel of Westmount Square Medical Imaging will communicate with you to take a “recall” appointment of an approximate duration of 30 minutes.