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# ***Mammogram***

***Information for  
patients and carers***

**Inpatient Radiology Department  
Aberdeen Royal Infirmary**

This leaflet will provide you with some information about your visit.

### **Important**

**If you may be or are pregnant, please contact the helpline (number on page 5) as soon as you receive this leaflet.**

### ***Your appointment***

If coming by car, please allow time to find a parking space to make sure you get to your appointment on time.

You can only enter the Foresterhill site or the patients' multi-storey (west of Foresterhill Road) by showing your appointment letter at the entrance barriers.

Please come to the **Inpatient Radiology Department**. The department is on Level 1 of the Yellow Zone in Aberdeen Royal Infirmary. When you arrive in the department, report to the reception desk.

Please bring your appointment letter to the department with you.

Since this specialised equipment is also used to examine urgent cases, we may need to reschedule your examination. If this happens, one of our staff will ensure that you are informed of the length of any delay, and discuss alternative arrangements.

If you can't attend for your appointment please let us know as soon as possible. We can then offer your appointment to another patient. Please call (01224) 552868 to cancel your appointment and rearrange a more suitable time.

### ***What is a mammogram?***

A mammogram is a special examination of your breast using X-rays. It can be uncomfortable and some patients may find it painful.

You are welcome to bring a friend or relative with you and there are waiting areas and refreshments available in the hospital. Please note that your friend/relative will not be able to go with you into the room where you have your examination.

### ***Is any special preparation required?***

No preparation is necessary for this test.

### ***Your examination***

You will be met by a radiographer who will carry out the test. The radiographer will explain the procedure to you. If you have any questions, please do not hesitate to ask.

The radiographer will show you into a cubicle and ask you to undress to the waist and put on a hospital gown. She will then place one of your breasts into the special X-ray machine which will compress your breast. This is necessary to obtain good quality pictures. This may be repeated with your other breast. The pictures will be checked for accuracy and after this you can get dressed.

### ***How will I get the results?***

The results will be sent to your hospital doctor as soon as possible.

### ***The use of X-rays***

The use of X-rays is strictly governed by UK legislation. Radiologists and radiographers must ensure that examinations are performed with the minimum X-rays necessary for that examination.

### ***Clinical teaching***

The Radiology Department takes part in teaching and research. You have the option to refuse to assist in these areas, but we hope you will co-operate if requested.

### ***Confidentiality and use of patient information***

When you attend hospital, information about you is recorded in manual files and on computer. Some use may be made of this information for research, audit, teaching and management studies. All healthcare professionals have a duty to protect your privacy and confidentiality. No unauthorised personnel will have access to your records. We comply with the General Data Protection Regulation in storing and processing your information.

If you wish to find out more, or to access your records, please contact:

Information Governance  
Department of eHealth  
NHS Grampian  
Rosehill House  
Cornhill Road  
Aberdeen AB25 2ZG

## ***Violence and aggression***

The safety of patients and staff is very important to NHS Grampian. Therefore, aggressive or violent behaviour will not be tolerated. NHS Grampian takes a serious view on this and will act accordingly.



## ***How you can help us***

We want to provide an efficient and effective service. You can help by giving us suggestions for improvement and telling us when you are dissatisfied with the service. Feedback forms are available at the reception desk.

## ***Further information***

If you have any questions about your examination, you can call our helpline. One of our staff is available on the helpline from Monday to Friday between 9am and 4pm.

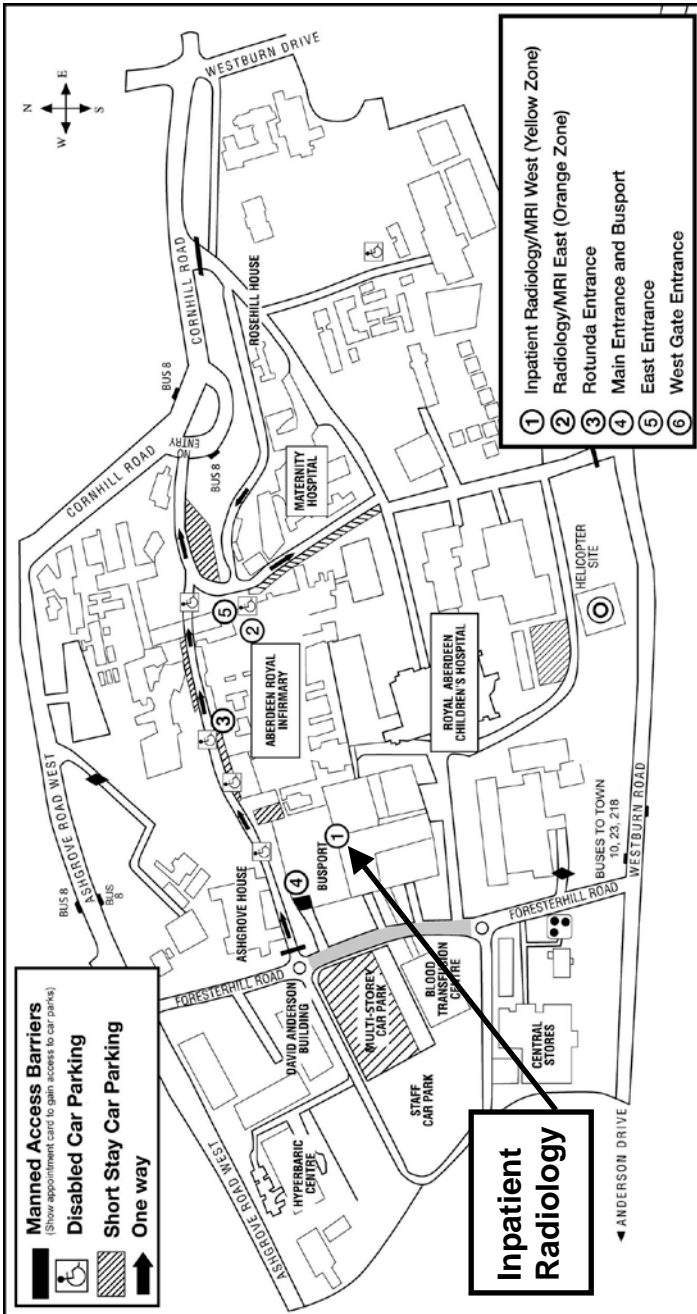
## **Helpline**

 **01224 552868** 

**This leaflet is also available in large print.**

**Other formats and languages can be supplied on request. For a copy please call Quality Development on 01224 554149. Ask for leaflet 0208.**

Feedback from the public helped us to develop this leaflet. If you have any comments on how we can improve it, please call 01224 554149 to let us know.



Radiology Department  
Aberdeen Royal Infirmary

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NOTE: Shaded section of Foresterhill Road: access for buses and emergency vehicles only.  
Bus numbers 3/3G and 8 (First) and 10, 35, 37, X37, 59 and 94 (Stagecoach/Bluebird) use the busport (4) on the map