

This instruction is intended for our patients who are in a care relationship

The Wellbeing Services County of Southwest Finland

Turku University Hospital

Mammography

How to prepare for the examination?

The examination does not require any preparation from you.

How is the examination done?

The examination usually involves taking x-rays of both breasts from two different directions. During the imaging, the breast is pressed between two plastic plates. The compression needs to be firm, to make the images accurate. The breast may feel tender after the examination.

Why is the booking only for mammography?

According to the national diagnostic and treatment recommendations for breast cancer, mammography is the basic screening test for patients who have had breast cancer and those at higher risk of cancer due to, for example, family history. Only in some situations is ultrasound (US) recommended. The need for ultrasound is generally assessed based on the risk of local recurrence of breast cancer and breast density immediately after surgery. It is recommended that mammography screening be used for imaging follow-up. As a general rule, in patients over 50 years of age, imaging follow-up with mammography is recommended annually for the first 3 years and every two years thereafter.

In accordance with this recommendation, The wellbeing services county of Southwest Finland (Varha) has adopted the practice whereby all patients are primarily imaged only with mammography, with any findings requiring further investigation imaged, for example, with ultrasound, at a separate visit (you will be informed about any follow up appointments by the X-ray department). If no abnormality is found in the mammography, the results can be obtained from the referring doctor.

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