



## IMPORTANT

**Please call us at 1-866-611-2665 if you need to reschedule.**

## BEFORE YOUR APPOINTMENT

- If you experience breast tenderness, do not consume caffeine in the days leading up to the exam.
- Schedule your appointment one week after your last menstruation to decrease breast tenderness.
- Please tell us if you have any problems moving or if you have shoulder or chest pain.

## DAY OF YOUR APPOINTMENT

- Please bring the following to your appointment: a valid government-issued ID, your provincial health card, and your exam requisition (if you have received one).
- If you are also receiving a mammogram do not use deodorant, antiperspirant, lotion, or powder under the arms or near the breast area.
- For a breast ultrasound alone, you may wear deodorant or antiperspirant.
- Wear a two-piece outfit (e.g., shirt and pants), so you can change for the exam more comfortably.
- Please arrive 15 minutes before your appointment to allow enough time to check in with reception.
- You can expect to be at the clinic between 30-60 minutes, depending on your procedure(s) and barring any unforeseen delays.
- Bring photo identification and your provincial health card.
- Take all prescribed medications as directed.
- Please do not bring children who require supervision.

## YOUR EXAM

*DURATION: 1 breast: up to 30 minutes 2 breasts: up to 60 minutes*

A diagnostic breast ultrasound uses high frequency sound waves to see the internal structure of your breast. It is often requested to investigate symptoms, like pain or lumps, or to examine a specific area of concern. If you have high breast density, it may also be recommended as a supplemental exam to a mammogram.

It can include an automated breast ultrasound (ABUS), which takes 3D images of the whole breast, targeting specific areas and ensuring they are displayed in a reproducible fashion.

It is especially beneficial to women with dense breast tissue, Volpara scores C (with additional risk factors) and D, where the mammogram is less sensitive to pick up small changes in the breast.

## WHAT HAPPENS DURING MY EXAM?

- You will be asked to remove your clothing from the waist up and given a robe.
- Your breast area will need to be visible for the exam. This allows the sonographer to scan the entire breast and surrounding tissue, including the axilla (armpit).
- The sonographer will scan around the entire breast to provide a complete set of images.
- The radiologist will review the images and compare to previous ultrasounds or mammograms.
- In some cases, the sonographer may ask the radiologist to come into the exam room to review an area identified in the breast. This does not mean that something is wrong.

## WHEN WILL I GET MY RESULTS?

We do our best to have our radiologists interpret the information and forward the results to your doctor by the next business day.

**\*\*Please note that ABUS exams are offered at our Aspen Landing, Mahogany Village, Market Mall, Mayfair Place, Southcentre, and The CORE locations**