

An easy guide to Breast Screening

www.timetoscreen.nz



**Time to
screen**

BreastScreen
Aotearoa

[New Zealand](http://www.nz.govt.nz) Government

NORTHLAND DISTRICT HEALTH BOARD
Te Poari Hauora Ā Rohe O Te Tai Tokerau



A Healthier Northland
He Hauora Mo Te Tai Tokerau

Foreword

The intended purpose of this pamphlet is to provide an easy guide to breast screening. It is recommended that this pamphlet be used with the support of a carer, family member, friend and/or support worker.

Further resources available:

Having a Mammogram and Screening for Breast Cancer pamphlets.

To download or order the pamphlets go to: **www.healthed.govt.nz**

You can also find more information on the National Screening Unit website:

www.timetoscreen.nz

or by calling **0800 270 200**

Breast screening is free for women aged 45-69.

Having a breast screen every 2 years could save your life.



You can decide if you want to go for a breast screening.

You can bring a support person family or friend.



A breast screening takes pictures of your breast.

This is called a mammogram.

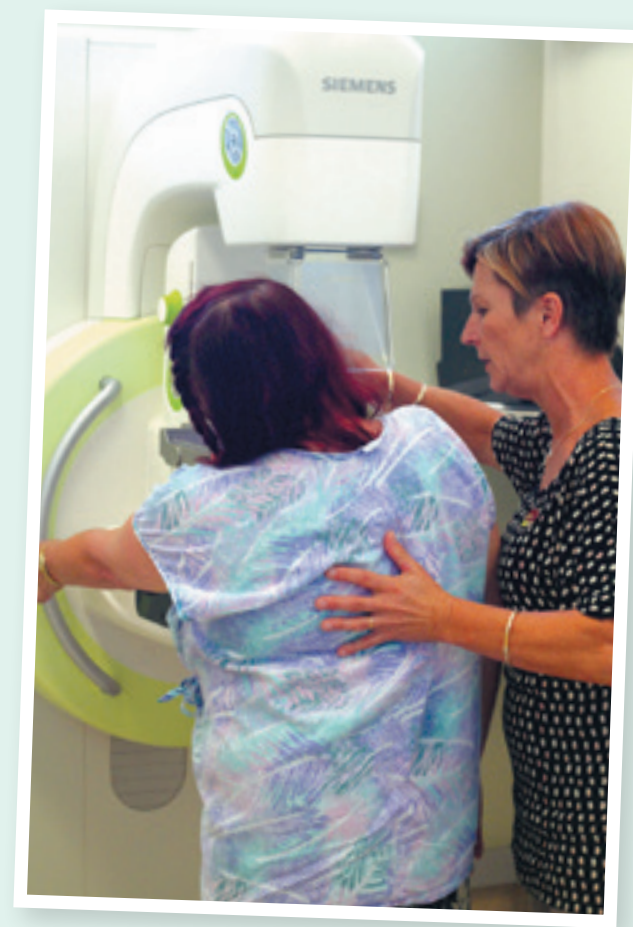


A mammogram is a way to check your breast health.

It can pick up some changes in the breast.



The person (radiographer) taking the pictures will put your breast on the machine



**This is the Northland
Mobile Clinic which will
visit a town near you.**



This is reception.



You will have paperwork to do.

This is the waiting room.



You will be given a gown to put on in a changing room.

You will need to take your top and bra off.



This is the mammogram room.

The radiographer will tell you what to do.



The machine will press down tightly on your breast.

This may be uncomfortable but only for a few seconds.



You will need to keep still.

Remember to relax and breathe.



The appointment will take about 30 minutes.



You will get your results in 2-3 weeks.



We might phone you to come back for another test.

But most women won't have to come back for 2 years.



Information for support workers and caregivers:

If you cannot make the appointment, it is best to reschedule rather than organising a replacement that the patient may not feel comfortable with.

The appointment takes at least half an hour. Please allow enough time.

The radiographer will stop the mammogram if it is clear that the woman is uncomfortable and does not want to continue. It is important that all women give informed consent when having mammogram.

It is advisable that you enter the breast screening room with the woman for further support.

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FREEPHONE

0800 270 200



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