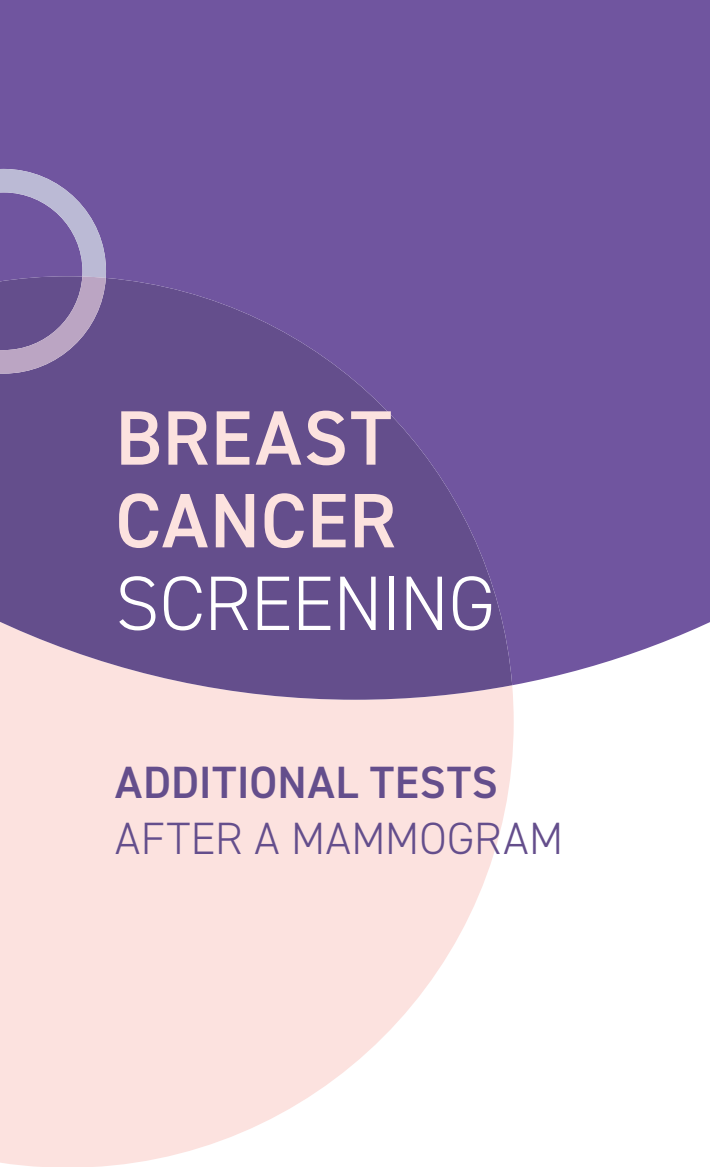




BREAST CANCER SCREENING

ADDITIONAL TESTS
AFTER A MAMMOGRAM

This brochure is intended for anyone who has been advised to have additional tests after a mammogram, whether or not the mammogram was done under the Québec Breast Cancer Screening Program.

Why do I have to have other tests after a mammogram?

After a mammogram, additional tests may be necessary if the image shows an abnormality or an area that requires further evaluation. They will provide a clearer view of the inside of the breast and clarify the result. It does not mean that you have breast cancer.

Among women who have a mammogram under the Québec Breast Cancer Screening Program, additional tests are recommended for:

- about 22% of women after their first mammogram;
- about 9% of women after subsequent mammograms.

If you have any concerns about having additional tests, you should know that for the vast majority of women who participate in the program (more than 90%), these tests do not reveal cancer.

Institut national de santé publique du Québec, Programme québécois de dépistage du cancer du sein, 2024.

What additional tests may be done?

The tests you will have will depend on your situation. They may be done in a medical imaging clinic or a hospital. So they might not be done in the same place as your initial mammogram.

The tests may include:

- **an additional mammogram:** visualization of a specific area of the inside of the breast using additional enlarged images;
 - **a contrast-enhanced mammogram:** visualization of the inside of the breast by combining a mammogram with the injection of a contrast medium;
 - **breast tomosynthesis (or 3D mammography):** visualization of the inside of the breast using multiple images taken from different angles;
 - **an ultrasound:** visualization of the inside of the breast using ultrasound;
 - **magnetic resonance imaging (MRI):** visualization of the inside of the breast using electromagnetic waves, with or without injection of contrast medium;
 - **a non-surgical biopsy:** removal of cells or tissues using a needle;
 - **a surgical biopsy:** removal by surgery of the abnormality or part of the abnormality;
 - **a clinical examination:** a physical examination of the breasts and armpits performed by a health professional.
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How should you prepare for additional tests?

The instructions for most additional tests are the same as for a mammogram. You will be given additional instructions when your appointment is scheduled and on the day of the test.

On the day of the test:

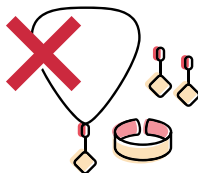
- Wear a two-piece outfit, as you may have to take your top off.



- Do not use any of the following products: antiperspirant, deodorant, powder, lotion or perfume. These products may distort the result of some tests.

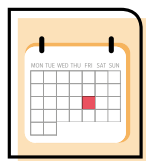


- Before the test, you will have to remove your jewelry, such as necklaces and earrings, and any other items that could interfere with the test.



- If necessary, discuss your fears and concerns with the health professional who will be performing your test.

- Ask about the usual wait time for the test result.



How will you get an appointment?

If your mammogram shows an abnormality:

The medical imaging clinic or hospital where you had your mammogram will contact you to schedule an appointment. You will be told where your tests will be done.

It may take up to three weeks for the medical imaging clinic or hospital to contact you to schedule an appointment. If you have not been contacted after this time, contact the medical imaging clinic or hospital where you had your mammogram.

If your mammogram is normal, but you mentioned having breast symptoms during the examination:

We recommend that you consult a doctor or specialized nurse practitioner as soon as possible to assess whether you need to have additional tests.

When and how will you get the results?

The results will not be available on the day of your test. They will be given to you as soon as possible by a doctor, a specialized nurse practitioner, the medical imaging clinic or the hospital where you had your tests.



Do you have questions?

To learn more about breast cancer screening and additional tests, go to

[Québec.ca/BreastCancerScreening](https://Quebec.ca/BreastCancerScreening).

If you have any questions about the Québec Breast Cancer Screening Program, contact the regional service coordination centre in your region. To find out the contact information, go to the **[Québec.ca/BreastCancerScreening](https://Quebec.ca/BreastCancerScreening)** website or contact **Services Québec** at the following telephone numbers:

Québec City region: **418 644-4545**

Montréal region: **514 644-4545**

Elsewhere in Québec: **1 877 644-4545** (toll free)

For psychosocial support, contact the **Info Social 811 line (option 2)**.