



# Digital Breast Tomosynthesis

## Patient Information Leaflet

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This brochure is classified as Unclassified, Non-Sensitive

The information in this brochure is meant for educational purposes and should not be used as a substitute for Medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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Digital Breast Tomosynthesis (DBT) is a three-dimensional (3D) imaging examination of the breast. Like conventional mammography, this 3D mammography uses x-rays to produce images of breast tissue in order to detect lumps, tumors or other abnormalities. DBT when used in conjunction with conventional mammography has the potential of improving the accuracy of diagnosis as DBT images are displayed as "slices" through the breast.

DBT is particularly useful when imaging younger women or women with dense breast tissue as all the breast tissue can be seen more clearly.

These images are reviewed by a radiologist, a doctor who specialises in the interpretation of images. The reports will be conveyed to you by your doctor at your next visit.

### What to Expect During the Procedure

- A female radiographer will attend to you. She will first ask you a few questions regarding your medical history.
- During the procedure, the radiographer will ask you to undress to the waist before taking the x-ray. You will be positioned as for a routine mammogram. Each breast will be imaged separately.
- Discomfort may be felt for a few seconds while pressure is being applied to the breast using a plastic compression paddle. Compression of the breast is necessary in order to obtain a more detailed image of the structures within the breast.
- You will be asked to hold your breath while the radiographer moves the x-ray tube into position.
- The x-ray tube head will move through an arc taking several pictures of your breast. This will take a few seconds. The pressure will then be released and you will be told to breathe normally.

### Important Points to Note

This examination can be carried out during your period.

### What Are The Risks

With modern equipment, the amount of radiation delivered to the breast is very low. The compression used during the mammogram also decreases the amount of radiation a woman is exposed to.

#### Should you have any queries or require further clarifications, please contact:

Department of Diagnostic Imaging  
Tel: (65) 6772 2263  
Fax: (65) 6779 5219  
Email: DDI\_enquiries@nuhs.edu.sg

## Your DBT Mammogram Appointment

### Patient Particulars:

### Appointment Date/Time:

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### Estimated Fees for Outpatient:

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#### Note:

- Please do not bring valuables or excess cash with you. Patients and visitors are responsible for personal belongings.
- No medical certificate can be issued for this appointment. Certificate of attendance will be given upon request.

Please arrive at least 15 mins before the appointed time to register and prepare for the procedure. We appreciate your understanding should an unforeseen delay occur due to medical exigencies. Kindly inform us if you are unable to keep to the scheduled appointment.

### Preparation Instructions for Patient

#### IMPORTANT REMINDERS

- Fasting is **not** required.
- Do not use talcum powder, body lotion or deodorant on the chest and underarms, as these may be reflected on the x-rays.
- You are encouraged to wear a two-piece outfit, as you will need to undress above the waist for the procedure.
- Women whose breasts are tender before their period may find it more comfortable to have a mammogram done just after the period. (consider scheduling mammography for a date one week after your period begins, as woman's breasts will be the least tender just after menstruation)
- Please bring along your previous mammogram films (if any).
- Please inform your doctor or radiographer if there is a possibility that you may be pregnant, breastfeeding, have breast implants or suffer from any medical conditions.

**Please bring this leaflet on the day of your appointment**