

# Breast Screening

Breast screening is a test for breast cancers that are too small to see. In Scotland, only women between the ages of 50 and 70 are offered breast screening every 3 years.

## Breast Screening - Social Story



✓ (1) The breast screening appointment will be at your nearest breast screening centre or mobile screening unit.



✓ (2) You will be asked to wait in the waiting area until the nurse is ready to see you.



✓ (3) The nurse will explain what is going to happen during the test before they begin and will ask if you have any questions. It is up to you if you want to go ahead with the test.



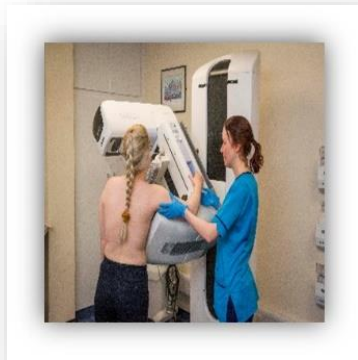
✓ (4) The test will take about 30 minutes.



- ✓ (5) The nurse will ask you to undress from the waist up. You can cover up when you are not having the test done. It may be easier if you are not wearing a dress.



- ✓ (6) The nurse will show you to the x-ray machine.



- ✓ (7) The nurse will examine one breast at a time using the machine.
- ✓ The machine will press your breast firmly for a few seconds, this will feel uncomfortable.



- ✓ (8) You can ask the nurse to stop the test at any time.
- ✓ You can then get dressed again as your test is finished.



- ✓ (9) You and your GP will also be posted a letter with your results within 3 weeks.

**There are 6 breast screening centres in Scotland. You'll have your screening test at one of these centres or at a mobile screening unit. Contact your local breast screening centre (for Lothian phone this number 0131 537 7400) if you:**



- **have a question about the test or your appointment**
- **need to change the date or time of your appointment**
- **have breast implants**
- **have had breast cancer**
- **have had a mammogram within the last 6 months**