



How to Self-Refer for a Screening Mammogram

WHAT IS A MAMMOGRAM?

A mammogram is a series of detailed x-rays of the breast taken using a mammogram machine. It is considered the 'gold standard' for imaging the breast, and at the London Clinic we use digital mammography which produces high quality, detailed images.

WHAT ARE THE BENEFITS OF REGULAR SCREENING?

Regular breast screening is one of the best ways to spot a cancer that is too small to feel or see, and saves around 1,300 lives each year in the UKⁱ. Finding breast abnormalities before symptoms appear improves the chances of successful treatment and reduces mortality risk.

Our self-referral pathway also gives you the benefit of a thorough examination by one of our highly skilled Breast Care Nurses. During your consultation, the breast care nurse will provide personalised guidance, support and information about your breast health.

HOW DO I SELF-REFER?

In order to self-refer for a mammogram, you must be over 40, showing no symptoms (asymptomatic) and be registered with a UK-based GP.

If you have symptoms and are over 40, please contact our teams on [+44 \(0\)20 7935 4444](tel:+44(0)2079354444) to discuss your options. If you are under 40, an ultrasound is recommended due to the breast tissue density. Please contact our teams via the number above to discuss your options.

WHAT ARE THE RISKS?

During the mammogram, your breasts are exposed to a small amount of radiation- around 0.5millievers (mSv). For comparison, in the UK the annual dose of natural background radiation a person receives is around 2.7mSv, so the risk to your health is very low.ⁱⁱ

WHAT SHOULD I EXPECT DURING THE PROCEDURE?

The Breast Care Nurse consultation will take 30 minutes, and the mammogram will take about 10 minutes. Expect

to be in the department for 45 minutes. This will allow for the consultation, preparation and the examination.

HOW DO I GET MY RESULTS AND IMAGES?

Two Consultant Breast Radiologists will report on the mammogram and the breast care nurse. Results will be sent back to yourself and your GP.

Sometimes they may suggest that you return for further views and/or a breast ultrasound. This is very common, and while may seem alarming at the time, it is the normal procedure to help produce the most accurate report.

REQUIRE FURTHER DIAGNOSTICS OR TREATMENT?

The London Clinic teams are on hand should you need additional diagnostics, such as a biopsy, which will be discussed with you on the day of your appointment. We also offer state-of-the-art treatment, ensuring you get back to the life you love, quicker.

LANGUAGE AND ACCESSIBLE SUPPORT SERVICES

If you need an interpreter or information about your care in a different language or format, please contact us or ask Customer Services to book an interpreter for you. Please note that we do not accept any family members to translate at The Clinic.

CONTACT US TO BOOK YOUR APPOINTMENT

If you have any further questions regarding breast imaging, please contact:

The London Clinic Breast Imaging Department

Monday to Friday 09:00-17:00

+44 (0)20 7616 7653 Option 4

Or via email: breastimaging@thelondonclinic.co.uk

If your enquiry is out of hours, please call

The London Clinic on [+44 \(0\)20 7935 4444](tel:+44(0)2079354444)

and ask for the Clinical Site Team.



ⁱ NHS Breast Screening: Helping you decide [https://www.gov.uk/government/publications/breast-](https://www.gov.uk/government/publications/breast-screening-helping-women-decide/nhs-breast-screening-helping-you-decide)

[screening-helping-women-decide/nhs-breast-screening-helping-you-decide](https://www.gov.uk/government/publications/breast-screening-helping-women-decide/nhs-breast-screening-helping-you-decide)



ⁱⁱ Patient dose information: Public Health England
<https://www.gov.uk/government/publications/medical-radiation-patient-doses/patient-dose-information-guidance>