



How do I go for mammogram screening?

Your journey to better breast health starts here

1 Book a mammogram appointment




Scan the QR code to book a mammogram appointment at your preferred polyclinic



SCAN TO
 BOOK YOUR
 MAMMOGRAM
 TODAY

<https://tinyurl.com/mmgappointment>


2 Prepare for your appointment



✓ **DO**

Bring your

- NRIC
- PG/MG card (if any)
- doctor's referral form (if required)



Wear a two-piece outfit

✗ **DON'T**

Apply powder, lotion or deodorant on your neck, underarms and chest





Wear jewellery such as necklace or drop earrings

3 Go for your appointment



Go to the X-ray counter 5 minutes before your appointment with your NRIC and any relevant documents.

Our staff will brief you and check your eligibility for subsidies.




The mammogram screening process will take about 15 minutes.

4 Receive results and follow up



You will receive your result letter by post about 4 to 6 weeks later.



If further tests are required, please go for your follow-up at the assessment centre indicated in the letter.



If your results are normal, do continue to go for regular mammogram screening:

- every year (aged 40-49),
- every 2 years (aged 50 and above), or
- based on the recommendation indicated in your result letter.