

Breast Cancer Screening FAQs



If I do not meet the criteria for the breast cancer screening programme, can I still participate in other screening programmes?

Yes, even if you do not meet the eligibility criteria for breast cancer screening, you may still participate in other screening programmes, such as the CVD risk factor, colorectal cancer or cervical cancer screening programmes, provided that you meet their eligibility requirements.

Note: For breast cancer screening the upper age limit is 69 years old unless clinically justified.

How do I prepare myself for the breast cancer screening (mammogram)?

On the day of your appointment, it is advisable to wear a two-piece outfit. Avoid using perfume, talcum powder or deodorant on your breasts and armpits.

What to expect during a mammogram screening?

Mammogram is a type of breast x-ray that takes detailed pictures of your breasts. The procedure will be conducted by a female mammographer, who will ask you to remove your clothing from the waist up.

Each breast will be placed one at a time between two plates, and the machine will press firmly for a few seconds to capture the image. The entire procedure typically takes around 30 minutes.

Are there any health risks from the screening mammogram?

While the compression of your breast during the mammogram may cause discomfort, it is usually brief.

Mammograms involve a small amount of radiation, which is unlikely to cause harm. However, no screening test is perfect - mammograms may miss about 10 to 20% of breast cancers.

How do I get the results of my screening mammogram?

If your mammogram result is **normal**:

- If you registered for screening via the **BruHealth app**, your result will be available in the app within **4 weeks** after screening
- If you registered via **walk-in**, you can collect your result from the **Well Woman Clinic's reception counter** after **4 weeks**.

If your mammogram is unclear or shows any abnormalities, you will require further tests. You will be contacted by a staff from the Radiology Department at Raja Isteri Pengiran Anak Saleha Hospital for follow up appointments.