



**BreastScreen
Aotearoa**



What happens after you have had your mammogram?



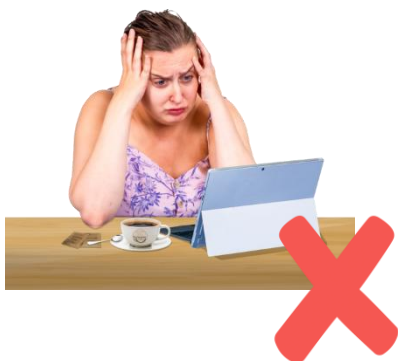
Published: November 2026

Before you start



Some of the information in this document may make people:

- upset
- worried.



This information is not meant to scare anyone.



This information does not mean the things in this document will happen to:

- you
- people you know.



If you are worried you can talk to your:

- whānau / family
- friends
- doctor / health provider.



This is also a long document.



It can be hard for some people to read a document this long.



Some things you can do to make it easier are:

- read it a few pages at a time
- set aside some quiet time to look at it
- have someone read it with you to support you to understand it.



What is in here

Page number:



About this Easy Read4



What happens now?9



It is your choice15



Things to remember19



More information24

About this Easy Read



This Easy Read has been made by
BreastScreen Aotearoa.



BreastScreen Aotearoa is a:

- national **screening** service to find **breast cancer**
- **free** service:
 - for women aged from 45 to 69 years old
 - to get a mammogram every 2 years

Our service will soon be free for women from 70 to 74 years old.



Here **screening** is a kind of test that looks for signs of **breast cancer**.



Breast cancer is a disease that makes people very sick.

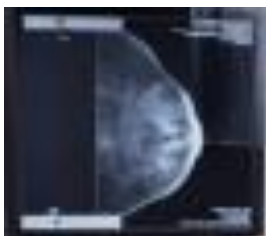
Sometimes people can die from breast cancer.



Free means it does not cost you money.



A **mammogram** is an **x-ray** of the inside of your breast.



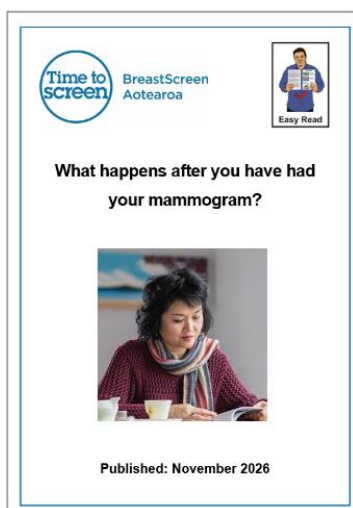
Here an **x-ray** is a picture of inside your body.



When you see the words **we / us / our** in this document it means BreastScreen Aotearoa.



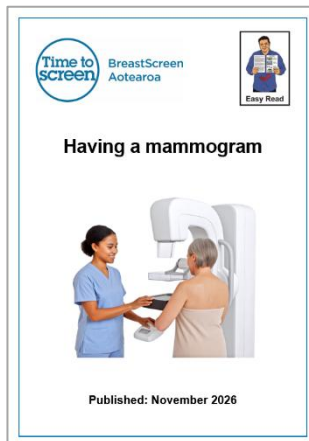
We use the word **BreastScreen** when talking about BreastScreen Aotearoa in this Easy Read document.



This Easy Read is called:

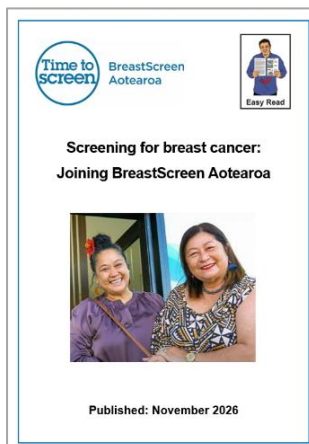
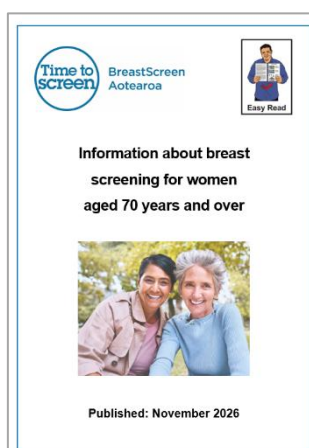
What happens after you have had your mammogram?

There are 3 other Easy Read documents that tell you about our services.



These Easy Reads are called:

- **Having a mammogram**
- **Screening for breast cancer:
Joining BreastScreen Aotearoa**
- **Information about breast
screening for women aged 70
and over.**



You can read these Easy Reads at this **website**:

<https://healthed.govt.nz/>

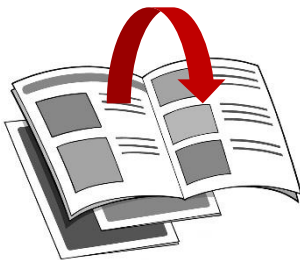


This Easy Read tells you about:

- what happens next
- how you will get the results of your mammogram
- what you should do in the **future** to find signs of breast cancer early.



The **future** is time that has not yet happened.



Go to **pages 24 to 26** to find out our contact information.

What happens now?



You may be thinking about what happens after you have had your mammogram.



Your mammogram will be carefully checked by 2 **radiologists**.



A **radiologist** is a doctor who knows a lot about how to look at x-rays.

The radiologists check for signs of breast cancer.

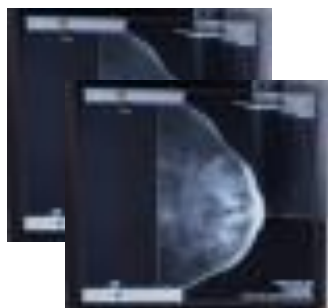


If you have had mammograms at BreastScreen Aotearoa before:

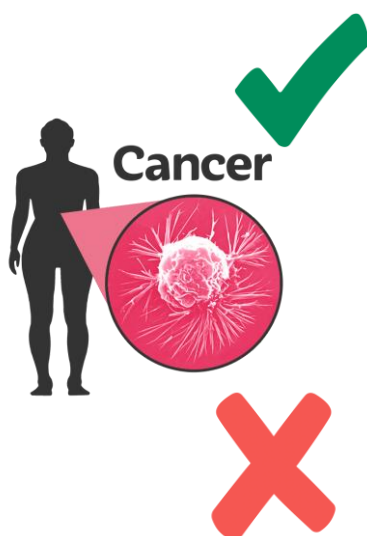
- your latest mammogram will be compared / checked

to

- the mammograms you have had before to see if anything has changed.



Your **results** will be sent to you in around 3 weeks.

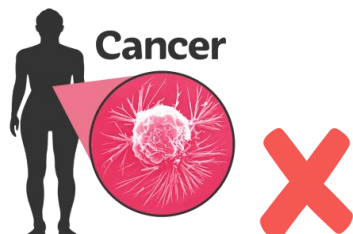


Here **results** means when we tell you if we:

- found something that needs a closer look
- did not find any signs you have breast cancer.



If we see something on your x-rays that needs a closer look we will tell you what you need to know about having more checks.



For most people having more checks does not mean they have cancer.



Your results will also be sent to your:

- doctor / health provider

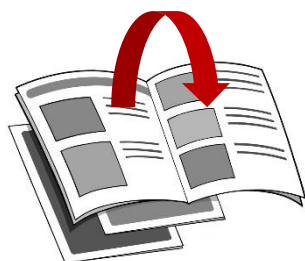
or

- hauora provider / Māori healthcare provider.



We will not send your results to these places if you tell us not to.

Please contact us if you do not get your results.



Go to **pages 24 to 26** to find out our contact information.



You will be sent an invitation when you should go for your next breast screening by:

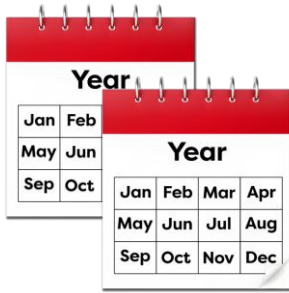
- email
- text
- or
- letter.



There will be a link to book your mammogram appointment.



This link can only be used by you.



You should get these invitations every 2 years.



Things may be different for women aged 70 to 74 joining the breast screening programme again.

Find out more about breast screening for women aged 70 and over at this **website**:



<https://bit.ly/3QnVs9t>

It is important to screen regularly so any changes have a good chance of being found early.



This can mean the breast cancer may be easier to treat.



We will tell you what you need to know if you need to come back for more checks.



This does not mean you have breast cancer.



It means we have to get more information to find out what is happening.

It is your choice



You can decide if you do not want to be in our breast screening programme at any time.



You can join again any time if you are still **eligible**.



Here **eligible** means fitting the rules for who can get a mammogram at BreastScreen Aotearoa.



If you decide not to take part in our breast screening programme you can:

- still have your mammograms with a different service

but

- you may have to pay for them.



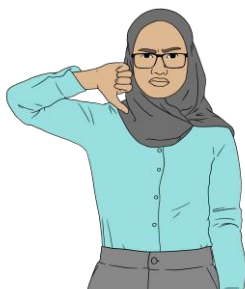
If you get your mammogram done somewhere else we will not have the information about these.



We give you the best care we can.

Please let us know if at any time you:

- feel uncomfortable / pain when getting a mammogram
- feel unhappy with our care.





It is important that you keep coming back to get your regular mammograms every 2 years.



If there are any problems when you are getting your mammogram you should tell us.



We will do everything we can to fix what went wrong.



You can find out more about your **rights** under the **Code of Health and Disability Services Consumers' Rights** at this **website**:

<https://www.hdc.org.nz/your-rights>



The **Code of Health and Disability Services Consumers' Rights** says what your rights are when you are using health services here in Aotearoa New Zealand.



Rights are things that the law says every person should:

- have
- be able to do.



Rights are things like getting the healthcare you need.

Things to remember



Mammograms:

- do not stop you getting breast cancer
- can find breast cancer early when it is easier to treat.



Mammograms find most cancers that are there when the mammogram x-ray is taken.

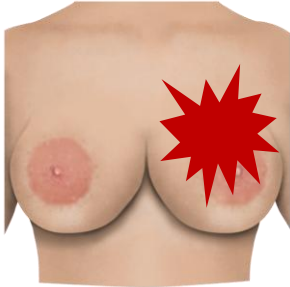


A few breast cancers will not be found when a mammogram is done.



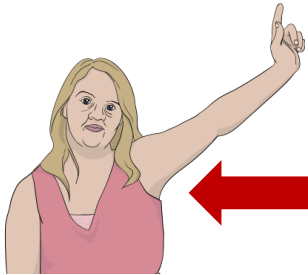
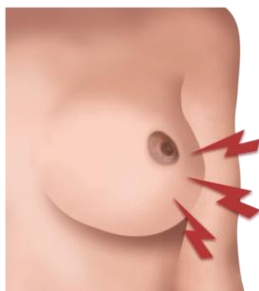
It is a good idea to be aware of changes to your breasts.

Tell your doctor / health provider if you notice any signs of changes.



These signs can be:

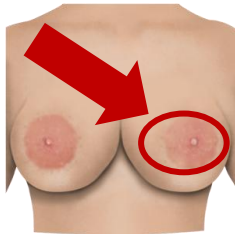
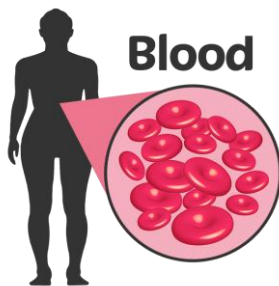
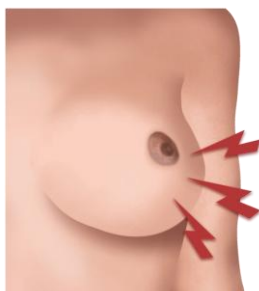
- a new lump in your:
 - breast
 - armpit
- changes to your breast:
 - shape
 - size
- changes to the skin of the breast like:
 - dimpling / slight dents
 - puckering / wrinkling.





Other signs to look out for are:

- when a part of your breast feels thicker than other parts.
- changes in the nipple like:
 - turning inwards
 - ulcers / sores
 - new itching
 - discharge like pus
 - bleeding
- redness
- pain in the breast that does not go away.





These signs:

- do not always mean you have breast cancer
- need to be checked by your doctor / health provider.



It is important to:

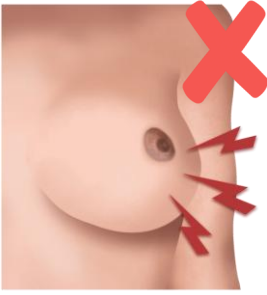
- know your breasts
- notice new changes.



If you notice any of these signs visit your healthcare provider to get them checked as soon as you can.



Tell us if your mammogram was uncomfortable before your next one.



We can support you to be more comfortable the next time you come to get a mammogram.



We welcome you telling:

- us anything you want to about your mammogram
- your friends about the BreastScreen Aotearoa programme.



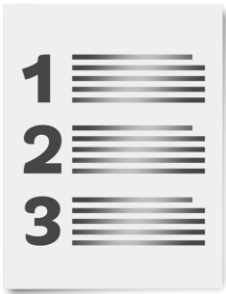
We hope to see you again in 2 years.

More information



You can **call** us for more information about having a mammogram on:

0800 270 200



You can call us:

- to enrol
- to book your free mammogram when you are eligible for screening
- to change your appointment if you are eligible for screening
- to find out when we are open – each region has different opening hours.





If you find it hard to use the phone
the **New Zealand Relay** service is for
people who are:

- Deaf / hard of hearing
- deafblind
- speech impaired / find it hard to talk.



You can find out more about the New
Zealand Relay service at:

www.nzrelay.co.nz



You can also **email** us for more
information at:

screening@health.govt.nz



Visit our **website** to find out about support you can get if you need it at:

<https://bit.ly/4sol4iM>



For more information about where your nearest BreastScreen Aotearoa is visit this **website**:

<https://bit.ly/4mHEkYu>



This information has been written by BreastScreen Aotearoa.



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.



The ideas in this document are not the ideas of People First New Zealand Ngā Tāngata Tuatahi.



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