

# Nova Scotia Breast Screening Program

## Screening Mammogram: 2026 Mobile Schedule



### What is a screening mammogram?

A screening mammogram is two X-ray pictures of each breast performed by a highly trained mammography technologist.

#### WHY ARE THEY IMPORTANT?

A screening mammogram looks for breast cancer in individuals who do not have breast symptoms. Screening mammograms can find breast cancer in its early stages, even before a lump can be felt. Anyone with symptoms such as a lump or new skin dimpling should see their health care provider immediately to determine if other testing is required.

#### WHO IS ELIGIBLE?

- Every 2-3 years for ages 50-74
- Ages 40-49 and 75+ can self-refer into the Program
- No breast implants
- No previous breast cancer
- No new breast symptoms

#### HOW DO I BOOK ONE?

You can make the appointment yourself by calling the Nova Scotia Breast Screening Program (NSBSP). You do not need referral from a health care provider to book a screening mammogram. **Call 902-473-3960 or 1-800-565-0548 (toll free).**

#### WHERE DO I GO?

Mammograms can be done at one of our 11 fixed sites or 30 mobile stops across NS.

This year's mobile schedule is provided here or you can check [breastscreening.nshealth.ca](http://breastscreening.nshealth.ca) for a list of NSBSP permanent locations.

#### On the Day of your Screening Mammogram:

- > Bring your health card.
- > Wear a 2 piece outfit with a top that buttons up the front. You will be asked to undress from the waist up.
- > Do not use deodorant, powder, creams or lotions on the day of your appointment. These products may show up on the X-ray picture and make it harder to read your mammogram.
- > **Be Breast Aware.** See your health care provider about any new breast symptoms even if you have recently had a normal mammogram.

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COMMUNITY	MOBILE LOCATION	DATES
1. Glace Bay	Glace Bay General Hospital	March 16–April 02
2. New Waterford	New Waterford Consolidated Hospital	April 07–18
3. North Sydney	Northside General Hospital	April 20 – May 09
4. Neil's Harbour	Buchanan Memorial Hospital	May 11–14
5. Cheticamp	Sacred Heart Hospital	May 15–23
6. Inverness	Inverness Consolidated Memorial Hospital	May 25–June 03
7. Pictou Landing	Pictou Landing First Nations Health Centre	June 04–05
8. Tatamagouche	Lillian Fraser Memorial Hospital	June 06–10
9. Parrsboro	South Cumberland Community Care Centre	June 11–13
10. Indian Brook	Indian Brook Health Centre	June 15–16
11. Kennetcook	Guardian Pharmacy	June 17–19
12. Hantsport	Glooscap First Nation Health Centre	June 20
13. Middleton	Soldiers Memorial Hospital	June 22–July 18
14. Digby	Digby General Hospital	July 20–August 06
15. Long Island	Royal Canadian Legion	August 07–08
16. Comeauville (Clare)	Radio CIFA Building	August 10–19
17. Shelburne	Roseway Hospital	August 20–29
18. Liverpool	Queens Place Emera Centre	August 31 – September 16
19. Caledonia	North Queens Community Health Center	September 17–19
20. North Preston	North Preston Community Centre	September 21–25
21. Sheet Harbour	Eastern Shore Memorial Hospital	September 26–October 03
22. Sherbrooke	St. Mary's Hospital	October 05–06
23. Guysborough	Guysborough Memorial Hospital	October 07–10
24. Canso	Canso Medical Centre	October 13–14
25. Arichat	St. Anne's Community & Nursing Care Centre	October 15–21
26. Cleveland	Strait Richmond Hospital	October 22–November 04
27. Whycocomagh	Waycobah First Nations Health Centre	November 05–07
28. Baddeck	Victoria County Memorial Hospital	November 09–21
29. Eskasoni	Eskasoni Health Center	November 23–28
30. Sydney	Cape Breton Regional Hospital	November 30–March 2027

\*Dates are subject to change if the program encounters any staffing issues, workload changes or equipment breakdowns.



Call 1-800-565-0548 to book an appointment on a date and at a location that is most convenient to you.

