



INSTRUCTIONS FOR MAMMOGRAPHY EXAMINATION

1. Before proceeding further:

- a. Please insure that the date you've been given for your appointment does not conflict with your menstrual cycle. If your menstrual cycle causes breast tenderness, please ask the receptionist to reschedule your appointment.
- b. If you are breast feeding, please ask the receptionist if you can consult with the mammography technologist for any special instructions or preparations.

2. Preparing for your Mammography Exam:

- a. On the day of your exam, **DO NOT USE** and deodorant, perfume, powders, ointment or preparations of any kind on the chest or arm pit area. Residue on the skin from these items can obscure your mammogram and cause inaccurate results.
- b. During the exam you will be undressed from the waist up to allow access to the breast area. You will find it more convenient to wear a blouse, with skirt or slack rather than a dress on the date of your exam.

3. Prior Mammography Films

- a. If you have had a prior mammogram completed at another military treatment facility, PRIMUS or, civilian location; please have these films sent to you prior to your appointment. Previous films will be used for comparative interpretation and will require your mammograms and their interpretations separate from your medical record file.

4. Examination Procedure:

- a. Radiologic technologists with special training in mammography will perform your examination. Please follow their directions carefully. A successful exam depends on your cooperation.
- b. Before the examination you will be asked to remove all clothing above the waist and put on an exam gown. During the exam this gown will be opened and you will be standing while the various views required are obtained.
- c. The technologist must use a compression device to help position your breast for optimal visualization of the breast tissues. This may feel uncomfortable but is essential for accurate interpretation and correct diagnosis.
- d. After the images have been taken the technologist will show them to a radiologist. If the radiologist is satisfied with the image quality you will be cleared to dress and leave.

5. After the Exam:

- a. The technologists are not licensed to interpret your films and are not authorized to discuss or speculate on the results of your examination, please do not ask. The radiologist will interpret your examination and a report will be sent to your primary care physician. You may contact him/her for your results. A letter will be sent discussing your results within 30 days of your examination, in accordance with FDA regulations.

PLEASE DO NOT BRING CHILDREN TO THIS APPOINTMENT, unless you bring a care provider for them.

PLEASE ARRIVE 15 MINUTES PRIOR TO YOUR APPOINTMENT. If you are late we must reschedule you.

Patient NAME: _____

Appointment Date: _____ Time: _____

If you are unable to keep your appointment date or time please contact GLWACH Radiology at the number below.

GLWACH RADIOLOGY Phone: 573-596-0029 Fax: 573-596-1683

MAMMOGRAPHY SCHEDULING LINE: (573) 596-5331