

Mammogram Appointment and Information Sheet

Appointment Date: _____

Appointment Time: _____

Please arrive 15 minutes before your appointment time. Please be here on time so other patients will not be inconvenienced. If you have to cancel or run late, please call us and we will be happy to help you. If you are 15 minutes late and do not call us, your appointment will be rescheduled.

Please do not wear body powder, deodorant, or any lotion on your chest area or your underarms at all on the day of your appointment. These things can show up on the mammogram and cause a false finding. If you accidentally wear deodorant or powder, just wash it off prior to your appointment. **Bring your completed Breast Radiography Questionnaire and all previous mammograms you may have had performed elsewhere. These are needed by the Radiologist for comparison with your scheduled exam.**

After your mammogram, sometimes the radiologist orders additional views of your breasts. This is nothing to be afraid of; it provides clearer pictures for the radiologist to give a proper reading of your mammogram. The radiologist may also order an ultrasound of your breasts. If possible, it will be done on the same day as your mammogram, otherwise we will schedule it for you. Again, this is nothing to be afraid of; it provides the radiologists with more information about your breasts for a proper reading to be given.

It is your responsibility, not the Radiology Department, to follow-up with the doctor who ordered your mammogram to get the results. The Radiology Department cannot give you this information. If you have not heard from your doctor two to three weeks after your mammogram, call the doctor's office to make a follow-up appointment.

Thank you for choosing Fox for your Mammogram. Our Mammography Department is fully accredited by the American College of Radiology and is annually inspected and certified by the FDA. All of our Mammography Technologists are registered with the American Registry of Radiologic Technologists.

We regret any discomfort you may experience as a result of your mammogram. Compression is essential to mammography to provide the best possible images. It may be helpful to know that because of the compression, the pictures of your breasts are much clearer and are taken with less radiation than if no compression were used. It is important for you to understand that (1) The compression is not dangerous, it does not in anyway damage breast tissue. (2) It should produce no long-term discomfort. You can help with any possible discomfort by taking a dose of Tylenol (not aspirin products) before and after the exam, provided there is no allergy to this medication.

You should not be alarmed if as a result of this compression there is some temporary discoloration involving one or both breasts. Occasionally there may be a mild aching. Again, taking Tylenol before and after the exam may relieve discomfort.

At Fox, we try to insure you receive the highest quality mammogram possible through the latest equipment, regular continuing education and high standards. While mammography is the best single method of detecting breast cancer, it does not find all breast cancers. It is important for you to do monthly self-breast exams and see your doctor whenever (s) he recommends.

If you have questions, please call us at 256.955.8888 ext1800 or 1.800.223.9531 ext 1800

Visit us on the web at <http://www.redstone.amedd.army.mil/radiology/index.htm>