

DATE: _____ / _____ / 20_____

ADMITTING TIME: _____ AM/PM

RADIOLOGY TIME: _____ AM/PM

On the day of your exam, please check in at the Breast Center
30 minutes prior to your scheduled radiology time.

1-877-9-MAMMOS
(1-877-962-6667)

MAMMOGRAPHY HOURS:

Monday - Friday - 7:30 a.m. to 7:00 p.m.

Extended times and days available at some centers



Rothman Center
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Atlantis, FL 33462-1197
561-965-7300
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Lake Worth, FL 33461
561-540-8100 • Fax 561-540-8134

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Boynton Beach, FL 33426
561-733-5001 • Fax 561-733-0208

4800 Linton Blvd. • Bdg. C
Delray Beach, FL 33445
561-638-8100 • Fax 561-638-2488

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Mammography Appointment Card and Information



PLEASE READ CAREFULLY

Our licensed radiologic technologists are specially trained to operate state-of-the-art equipment and handle all types of mammography procedures. Mammograms can detect tumors and other breast abnormalities before they can be felt. That's why it's important to schedule yearly mammograms in addition to doing breast self exams. When found in its early stages, the cure rate for breast cancer can be more than 90%.

What to Expect

The technologist will ask you for a detailed patient history, including family history, previous mammograms or breast operations, skin abnormalities, hormonal usage, and start and end (if applicable) of menstruation.

Next you will be asked to slip one shoulder out of the robe and your breast will be placed on a ledge. The technologist will then lower a plate to compress the breast to a uniform thickness. This compression may be uncomfortable, but it is necessary to produce high quality, detailed images of breast tissue with a low amount of radiation. As a result, repeat examinations can be done without fear of overexposure.

Exposure will only take a few seconds and, during this time, you will be asked to hold your breath. When exposure is complete, the compression paddle will immediately release. After both breasts are scanned, you will be asked to sit and relax while the technologist consults the radiologist. The radiologist will decide if any additional scans are necessary during a diagnostic exam.

When all necessary scans have been taken, you may leave. The whole exam usually takes 30-45 minutes. Your scans will be interpreted and a written report will be sent to your physician on the same day as your appointment. Please consult your physician concerning the results of your mammogram. Wait times for services include: screening – 30 minutes, screening report turn around time – 48 hours, diagnostic – 1 hour, report that same day.

Preparing for Your Mammogram

To ensure that your mammogram results are accurate, we recommend the following:

- Avoid scheduling your mammogram procedure during the week before your menstrual period to avoid any breast swelling and tenderness.
- Bring original screenings of any mammograms you have had at other institutions in the last 5 years for the radiologist to compare with today's exam. Results are delayed without prior screenings.

10 days prior

- Abstain from caffeine as it can make breasts more tender and lumpy. Drink only caffeine-free beverages.
- Avoid taking medications that contain caffeine, such as over the counter pain relievers, diet aids, cough/cold medications, or reviving aids. Check with your physician about prescription medications.

On the day of the exam

- You may use an over the counter pain reliever (caffeine-free) 1 hour prior to your mammogram to lessen the discomfort.
- Wear a blouse or sweater rather than a dress to make it easier to undress. You will be given a gown to wear.
- Do not use deodorant, powder, perfume, creams or lotions in your underarm or breast area because they leave a residue that may interfere with mammogram results.

Payment

The services of the radiologist will not appear on your hospital bill. The radiologist will send a separate bill. Payment for both hospital and radiology services can be made in the Admitting Department of the hospital.