

Preparing for your Mammogram:

- Please do not use deodorant, powders, ointment, or perfume on your underarm areas or your breasts or chest before your mammogram. Those substances leave residue, which are detected by x-rays and distort the mammogram.
- Dress comfortably in a two-piece outfit such as a blouse and slacks or skirt.



Your Mammogram is scheduled:

Date _____

Time _____

Please arrive 15 minutes before your appointment to register at the Medical Imaging Center.

Bring your insurance information, including the insurance company policy number, to the registrar. Please bring your physician order.

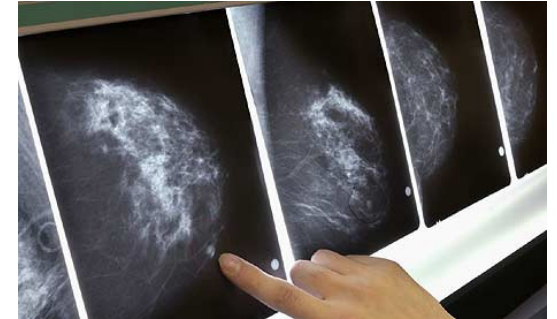
A mammogram usually takes 20-30 minutes, although you should be prepared for possible delay in case of unexpected emergency procedures, which may occur and require attention within the Medical Imaging Center.

You will receive two bills for your mammogram:

1. From Culpeper Regional Hospital.
2. From the radiologist interpreting the film from your exam.

To schedule an appointment, change the time of your appointment, or cancel your appointment, please call **(540) 829-8855**.

Mammography



Medical Imaging Center
Culpeper Regional Hospital
501 Sunset Lane
Culpeper, VA 22701

What is Mammography?

Mammography is a breast x-ray that can detect tumors that are so small even the most experienced examiner cannot feel them.

Who should have a Mammogram?

Healthy women over the age of 35 should have a baseline mammogram to be used for comparison with future mammograms. The American Cancer Society recommends that women over 40 have a mammogram each year.

Women with personal or family history of breast cancer should consult their physician about the need for earlier or more frequent mammography.

Mammograms are essential for women with symptoms such as:

- Lumps in breast or armpit
- Discharge from nipple
- Thickening in breast
- Puckering or dimpling of breast
- Flaky or abnormal skin on breast
- Any change from 'normal'

These symptoms may or may not be indicators of cancer and should be discussed with and checked by your primary care physician.

Performing monthly breast self-examination is recommended. The best time for this is usually a week after the menstrual period ends.

Mammography is the best method for early detection of breast cancer; however, it does not always find all tumors. Doing monthly self-exams in combination with regular clinical breast exams by your physician are best practices to follow.

What to expect during the procedure:

A female registered radiologic technologist, who specializes in mammography, will perform your exam.

- You will be shown to a dressing room and asked to remove clothes from the waist up and wear a hospital gown.
- In the exam room, you will be asked about your medical history.
- While standing in front of the testing machine, your breast will be positioned between two pieces of plastic, which firmly compress the breast to expose as much of the tissue as possible for a high quality image. While temporarily uncomfortable, compression is not dangerous and does not damage breast tissue. With this compression, mammography uses less radiation and produces clear, even images.

- Images will be taken of both breasts from the sides and above.
- When the views are complete, your technologist will review the images for technical quality. If necessary, views will be repeated.

And after the Mammogram?

Following the exam, you may dress and leave.

A board-certified radiologist, a physician who specializes in medical imaging, interprets your images. If the radiologist requires additional views, you will be called to return. There will be an additional charge for the extra views. The radiologist's report is sent to your physician who will discuss the results with you.

For Your Health

We respect your decision to do this procedure to improve or maintain your good health. Our goal is to make this as easy and comfortable for you as possible.

We invite your questions before and during the procedure and hope you will take a few minutes to complete our Outpatient Comment Card before you leave. Your comments will help CRH to continue to improve this important service.