

## Diagnostic Breast Imaging

Please read this before your appointment. Feel free to ask questions.

**Diagnostic Breast Imaging** is done when an area of the breast needs to be looked at closer.

Diagnostic Breast Imaging includes one or more of these tests:

- Diagnostic Mammogram
- Breast Ultrasound
- Breast Core Biopsy
- Cyst Aspiration
- Fine Need Aspiration Biopsy
- Breast Needle/Wire Localization
- Breast-Specific Gamma Imaging

**You are scheduled for an exam at the following HealthEast facility:**

- St. John's Hospital       Woodwinds Health Campus  
 St. Joseph's Hospital

**Appointment Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

Questions about scheduling, call: 651-232-5500

*Please tell the technologist if you are or might be pregnant.*

**Diagnostic Mammograms** are x-ray pictures of the breast and of the area of concern. A diagnostic mammogram is ordered:

- If a woman or her doctor have noticed breast changes or symptoms.
- If a screening mammogram has shown a suspicious area.

**Breast Ultrasound** uses sound waves to create an image of the inside of the breast. A breast ultrasound is used to evaluate breast changes that are found on a mammogram or by a doctor. A breast ultrasound is ordered:

- If a diagnostic mammogram has shown a suspicious area.
- If a woman is under 29 years old with a lump.
- If a woman has a history of breast cysts and other breast changes only seen on ultrasound.

**Cyst Aspiration** is collection of fluid from a cyst. A cyst aspiration is ordered if a breast cyst has become uncomfortable or is painful. Before the procedure the area is numbed. Using ultrasound, the radiologist places a needle into the breast cyst and fluid is removed.

**Ductogram:** is a test used to determine certain types of nipple discharge. This involves a little amount of contrast that goes through a tiny tube into the duct that the nipple discharge is coming from. X-rays are taken. The contrast is seen on the mammogram and this can detect if there is a mass inside the duct. A ductogram is ordered if there is nipple discharge that is concerning to your doctor

**Fine Needle Aspiration Biopsy (FNAB):** A small thin needle is inserted into the suspicious area. A small amount of fluid is then pulled out and looked at under a microscope. In some cases this amount is not enough to make a diagnosis for cancer and a core biopsy will be performed at that time. Your results are available to your doctor within 2 working days.

**Breast Core Biopsy** is when very small samples of breast tissue are removed and sent to the lab. This can be done with x-rays or ultrasound depending on the way the suspicious area is best seen.

- If the suspicious area is best seen with x-rays, a **Stereotatic Core Biopsy** will be done. You will be asked to lie on your stomach on a table. We will help you find a comfortable position. All patients are given something to numb the area before the procedure is started. A needle is placed in the breast and tissue samples are taken.
- If the suspicious area is best seen with ultrasound, a **Breast Ultrasound Core Biopsy** will be performed. You will be asked to lie on your back on a table next to the ultrasound machine. The suspicious area will be found with ultrasound by the radiologist. The area is numbed before the procedure is started. A needle is placed in the suspicious area and tissue samples are taken.

When the biopsy is complete, pressure is held on the breast and a bandage is put on. Acetaminophen or ibuprofen is recommended for discomfort. The lab results should be ready within 2-3 working days for your doctor. Your doctor will give you the results. Sometimes more testing may need to be done on the samples and it could take longer to get your doctor your lab results from the biopsy.

- It is important that your mammogram and breast ultrasound films be at the hospital 2 working days before your biopsy.
- If you are on any blood thinners or daily aspirin, please let us know as soon as possible.
- Please do not eat 3 hours before your core biopsy.
- Please arrive at least 15 minutes before your appointment time.
- Plan on being at your appointment for up to 2 hours.

\*Note: Most women are able to return to their normal activities within a few hours unless instructed otherwise by a doctor. Please bring a sports bra for comfort to wear after.

**Breast Needle/Wire Localization:** The area is numbed before the procedure is started. Using x-ray images or ultrasound, the radiologist inserts a wire into the breast through a needle until the tip of the wire touches the area the surgeon is going to take out. There is a small hook on the end of the wire that holds the wire in place until your surgery. The wire is placed in your breast the same day as your surgery. Your doctor's office will give you more instructions for your day of surgery.

**Breast-Specific Gamma Imaging** is a nuclear medicine test that shows the function of the breast tissue helping doctors to decide if the breast changes are benign or are possibly malignant. This is performed by injecting a small amount of material into the patient's arm and taking pictures with a gamma camera. This test is used with mammography & breast ultrasound.

**At HealthEast, we are dedicated to providing the best possible care. Thank you for taking time to read these instructions. We hope to make your experience as pleasant as possible.**

### **Billing Information**

You will receive two bills for this exam.

1. The technical fee is for doing the procedure. It will be from the HealthEast facility. If you have questions regarding this bill, call 651-232-1100.
2. The professional fee is for the radiologist's time. It will be from the radiologist's group. There will be a phone number on the bill that you may call if you have any questions regarding the charge.

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Materials provided by HealthEast Patient Education Service. For 24 hour access and referral:  
 HealthEast Care Connection: 651/326-CARE (2273) · 1-866-326-CARE (toll free)  
 · [www.healtheast.org](http://www.healtheast.org)