

Mammogram

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

A **Mammogram** is an x-ray of the breast. A radiologic technologist performs your mammogram. A radiologist will read the results. A radiologist is a doctor who specializes in reading x-rays.

Mammograms are the best way to detect breast cancer early. It is also important for you to do breast self-exams. See your doctor as recommended.

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

- | | |
|------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> St. John's Hospital | <input type="checkbox"/> Woodwinds Health Campus |
| <input type="checkbox"/> St. Joseph's Hospital | <input type="checkbox"/> Midway Outpatient Center |

Appointment Date: _____ **Time:** _____

Questions about scheduling, call: 651-232-5500

Online Mammography scheduling request: www.healtheast.org

Tell your health care professional if you:

- Are or may be pregnant.

Preparation

Please do not wear powder or deodorant of any type on your breasts or underarms. If you forget, please let the technologist know or wash it off before the procedure.

If you have had a previous mammogram at another facility, please try to have it sent to the facility where you are scheduled for your appointment.

We will have you fill out a brief questionnaire before your mammogram.

The Examination

For this exam, you will change your clothes and wear a hospital gown and robe. When you enter the room the technologist will explain the exam. They will answer any questions you may have.

During the mammogram, the technologist will apply pressure to your breast. This may feel a little uncomfortable. The pressure allows for the best possible exam, while using the lowest amount of radiation.

When the Exam Is Completed

The radiologist will study and interpret your films and report the findings to your doctor. You will receive a copy of your results within 30 days. Occasionally, when the radiologist reads your mammogram, additional views or an ultrasound of the breast is needed.

We apologize for any discomfort that you may experience as a result of breast compression during and after your mammogram. The compression may also cause some temporary skin discoloration on the breasts. Feel free to ask questions if something is not clear to you. We welcome your comments.

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.

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