Thank you for selecting Adventist HealthCare Imaging for your mammogram. Here is some information that you will need to know before, during and after your scan. If you have any questions, please call 301-590-8999.

### Mammography Patient Guide

#### Mammogram Options
You will have the option of receiving a traditional (2D) or 3D mammogram. Both scans take about the same time to conduct.

- **Traditional Mammograms (2D)** produce a two-dimensional image of your breasts so radiologists can look for breast tissue abnormalities.
- **3D Mammograms** produce higher-quality, more accurate images than the traditional mammogram, especially for women with dense breasts. This scan provides more fine details of the breast tissue, allowing the radiologist to view breast tissue one layer at a time. Not all insurance plans cover 3D mammography. If you choose to have a 3D mammogram there may be additional costs. Please call your insurance provider to see if coverage is available.

#### How to Prepare for your Mammogram
- Let the technologist know if you have breast implants or had a breast biopsy.
- Schedule your exam two to three days after your menstrual cycle to reduce any breast discomfort.
- Do not wear perfume, powder, deodorant or lotions on the breast or underarm area.

#### What to Expect
- You will be asked to change into a gown that will cover your body from the waist up.
- The technologist will review your medical history and any symptoms you’ve been experiencing related to your breasts.
- The technologist will position you at the mammography machine and place your breast over the contoured receptor.

- The machine will apply modest compression to your breast for a few seconds to obtain clear images of the breast tissue.
- You may leave after the mammogram is over and resume with normal activity.
- The radiologist will review your scan and send the results to your physician in about 24 hours.
- Additional testing may be requested.

#### What to Bring
- Referral from your physician
- Insurance cards and photo ID
- Relevant scans and reports taken outside of Adventist Healthcare Imaging centers

#### General Test Preparation Guidelines
- Arrive at least 15 minutes before your appointment.
- Follow any special preparation guidelines given to you in this document and by the scheduler.
- If you need to cancel or reschedule your appointment, please call at least 24 hours in advance.
- Remove all jewelry and wear loose fitting, metal-free clothing.
- Tell our staff at the time of scheduling if you are any of the following:
  - Possibly pregnant
  - Diabetic or have kidney disease
  - Breastfeeding
  - Allergic to IV or oral contrast