You Are Scheduled for a Mammogram

- Screening
- Tomosynthesis
- Diagnostic
- Tomosynthesis
- Diagnostic with Ultrasound, if necessary
- Tomosynthesis

Name: ______________________________________
Date of Birth: ______________________________
Date: ______________________________________
Report Time: ________________________________
Procedure Time: ____________________________
Study: ______________________________________
History/Diagnosis: __________________________
__________________________________________
__________________________________________
__________________________________________
ICD-10 Code and Description: ________________
__________________________________________
Authorization Number: _______________________
Doctor Signature: ____________________________
Date: ______________________________________
Location:
- Reading Hospital Imaging at Exeter
- Reading Hospital Imaging at Leesport
- Reading Hospital Imaging at Spring Ridge, Breast Health Center

Future Appointments
You can schedule or cancel an appointment for a screening mammogram online through MyChart or by calling 484-628-8611. If you have any questions about mammography, please ask.

Locations
Reading Hospital Imaging at Exeter
2 Hearthstone Ct., Reading
Reading Hospital Imaging at Leesport
5479 Pottsville Pike, Leesport
Reading Hospital Imaging at Spring Ridge, Breast Health Center
2603 Keiser Blvd., Wyomissing

Your appointment will be made by your doctor. If you must cancel, please call 484-628-8611.

Please bring this brochure, your health plan ID card, photo identification and your pre-approval or referral forms to your appointment.
About Mammograms

A mammogram is a special X-ray of the soft tissue in your breast. This study is used to detect early signs of breast disease. It also helps your doctor to evaluate any symptoms you may be having.

Screening Mammogram

This type of mammogram is done as a routine screening test when the breasts are normal on exam and should never be used when there is a lump or other abnormality felt on breast exam. Please allow 30 minutes to complete a screening study.

Diagnostic Mammogram

When a lump or other abnormality is found on breast exam or when a screening mammogram shows a suspicious area, a diagnostic mammogram is done. This exam may take up to 2 hours to complete.

The amount of radiation used to do a mammogram is very small and should not cause any problems. However, if you are pregnant or think you might be, tell your doctor and the technologist performing the exam.

Each of our mammography units is accredited by both the American College of Radiology and the Food and Drug Administration’s MQSA Program. This means we meet specific government standards that are set for this specialty.

Tomosynthesis

Reading Hospital offers Tomosynthesis (3D) Mammography, one of the most advanced breast cancer technologies today. The new technology is FDA-approved and gives women a choice as to what type of mammogram they have. The exam allows doctors to see masses and distortions associated with cancers significantly more clearly than conventional two-dimensional mammography. Instead of viewing all of the complexities of your breast tissue in a flat image, fine details are more visible and no longer hidden by tissue above or below.

The tomosynthesis exam is very similar to having a conventional two-dimensional mammogram. There is no additional compression required with a tomosynthesis exam and it only takes a few seconds longer for each view. The technologist will view the images of your breasts at the computer workstation to ensure quality images have been captured for review.

Preparation

- If you had a mammogram done somewhere other than a Reading Hospital location, please bring the films or CDs of the last three exams with you on the day of your study. This will help our radiologist (a doctor who is an expert in reading X-rays) interpret your study and report findings more quickly.
- We suggest scheduling your appointment as closely after your menstrual period as possible. This helps to decrease possible discomfort due to breast tenderness.
- At least five days before your mammogram, avoid drinking coffee, tea and other beverages that contain caffeine. This step will also help to decrease discomfort during the study.
- Tell the person doing the mammogram if you have breast implants.

Procedures

When you arrive for your study, you will be taken to a dressing room where you will undress from the waist up and change into the exam gown provided.

When you are ready, a staff member will ask you a few questions about your health. The technologist will review your information, then position you for the first X-ray as you stand facing the mammogram machine.

Once the procedure begins, the technologist will use a smooth, plastic paddle as a compression device to position your breast to get an accurate X-ray. This action decreases the amount of radiation that comes in contact with your body. This compression may cause some discomfort, but the discomfort will last only a brief time. There will be no negative effects on your breast tissue.

Usually, two X-rays of each breast will be taken. If you are having a screening mammogram and the radiologist feels that more pictures would be helpful, a follow-up diagnostic mammogram will be recommended. If you are having a diagnostic mammogram due to a current or previous complaint, more views may sometimes be taken. Feel free to ask questions at any point during your study.

Follow-Up

A radiologist will study your mammogram and make a report to your doctor. You should receive a letter from the hospital about your results within two weeks. If you do not get your mammogram results within two weeks, please call your doctor. If you are an active MyChart user, you can expect to receive the results when they are available.