Imaging Patient Education

What you should know about your **Screening Mammography (Digital):**

**Purpose:**
The routine screening mammogram is performed for women who have no clinical symptoms such as breast lumps, nipple discharge, or focal breast pain (pain located in one specific area of the breast).

**Preparation:**
- Do not wear deodorant, perfumes, or powders on the day of the exam.
- For patient comfort during the mammogram, eliminate caffeinated beverages two weeks prior to the exam.
- Be prepared to undress from the waist up.
- If available, please bring all previous mammogram films with you to your mammogram appointment. Previous mammograms will be compared with your mammogram done at our facility.

**Procedure:**
- You will be asked to undress from the waist up and put on a jacket styled gown.
- The technologist will ask you to verify your name and birth date. Prior to the imaging, she will also ask you several questions concerning your health and family history.
- The technologist will take two images of each breast. A compression paddle will be applied to your breast for each exposure. The compression devise will automatically release after each exposure is completed. The compression is a very important part of the imaging in that it helps to produce a quality mammogram. It also reduces the amount of radiation your breast is receiving.

**After Your Exam:**
- The Radiologist will review your images and compare them with your previous mammograms. A report will be sent to your referring physician.
- If the Radiologist who interpreted your screening mammogram has decided that you need any additional imaging (spot compression views, magnification views, or breast ultrasound), someone from the Mammography Department will call you within one week to schedule a follow-up diagnostic appointment.
- At the time of your follow-up additional imaging appointment, the radiologist will interpret the images, and give you a verbal report before leaving the department.
- In accordance with the MQSA (Federal Mammography Quality and Standards Act), a report in lay language will be mailed to you following the Radiologist’s interpretation.
While mammography is the best single method of breast cancer detection, it does not detect all breast cancers. Mammography should be supplemented by regular self-breast examination, in addition to an annual breast examination by your primary care physician.

If you have questions or need additional information, please call Gettysburg Hospital’s Mammography Department: (717) 338-3280.

Imaging Patient Education

What you should know about your Stereotactic Core Breast Biopsy:

**Purpose:**
A stereotactic biopsy is performed to obtain a tissue sample from a questionable area in the breast using mammography guidance.

**Preparation:**
1. Consultation concerning the stereotactic core biopsy will be done by the surgeon who will be performing the biopsy. At this appointment, the surgeon will discuss with you the risks and benefits of the procedure. You will sign procedural consent forms and also will be given pre-biopsy instructions.
2. Fasting is not necessary prior to the stereotactic core biopsy procedure.
3. Plan to wear a comfortable two piece outfit the day of the procedure. You will be asked to undress from the waist up. A jacket type gown will be given to you to wear during the examination.
4. Please do not wear deodorant, lotions, perfumes, or powders on your breasts or under your arms the day of the procedure.

**Procedure:**
1. After arriving at the Breast Imaging Department, you will be escorted to the changing area and instructed to change into a gown.
2. After verifying your name and date of birth, the technologist will verify a list of your medications. You will be asked to mark “YES” on the breast to be biopsied.
3. For the procedure, you will be lying on your stomach with your breast extending through an opening in the table.
   - After raising the table, the technologist will position your breast so the area of interest is located within the small rectangular window of the compression plate. Your breast will remain compressed during the procedure.
   - Imaging will verify the correct area.
   - The surgeon will clean your skin with an antiseptic solution, then will inject a local anesthetic into the breast to numb it. A small nick will be made in the skin where the needle will be inserted.
   - After the needle is inserted to the area to be biopsied, images will be taken to document correct placement.
   - Multiple tissue samples (approximately 12) will be taken.
   - Post biopsy images will be taken.
   - A small titanium clip will be placed at the biopsy site for future reference.
   - After the biopsy, pressure will be applied to the site to stop any bleeding. The biopsy site will be dressed with steri-strips and a gauze bandage.
• A final two view mammogram will be performed to confirm placement of the titanium marker.

After the Exam:
1. Discharge instructions will be reviewed with you at the end of the procedure.
2. A follow-up appointment with the surgeon will be confirmed prior to leaving the Imaging suite.
3. Pathology results will be given to you by the surgeon at your follow-up appointment.

If you have questions or need additional information, please call Gettysburg Hospital’s Mammography Department: (717) 338-3280.

Imaging Patient Education

What you should know about your Diagnostic Mammography (Digital):

**Purpose:**
A diagnostic mammogram is performed for women who present with clinical symptoms such as breast lumps, nipple discharge, or focal breast pain (pain located in one specific area of the breast). It is also performed for image detected calcifications and asymmetric densities found on screening mammography.

**Preparation:**
- Do not wear deodorant, perfumes, or powders on the day of the exam.
- For patient comfort during the mammogram, eliminate caffeinated beverages two weeks prior to the exam.
- Be prepared to undress from the waist up.
- If available, please bring all previous mammogram films with you to your mammogram appointment. Previous mammograms will be compared with your mammogram done at our facility.

**Procedure:**
- You will be asked to undress from the waist up and put on a jacket styled gown.
- The technologist will ask you to verify your name and birth date. Prior to the imaging, she will also ask you several questions concerning your health and family history.
- The technologist will take two images of each breast. A compression paddle will be applied to your breast for each exposure. The compression devise will automatically release after each exposure is completed. The compression is a very important part of the imaging. It helps to produce a quality mammogram and also reduces the amount of radiation your breast is receiving.
- The Radiologist will review the images while you wait in the department. He/she will determine if additional views of your breasts or a breast ultrasound are indicated.
- After all of the imaging is completed, the Radiologist will interpret the images and you will be given a verbal report.

**After Your Exam:**
- Occasionally a six month follow-up appointment is necessary to review changes found in the breast tissue. If the Radiologist requests a follow-up, the appointment will be scheduled prior to your departure of the mammography department.
- The Radiologist's report of your mammogram will be sent to your referring physician.
In accordance with the MQSA (Federal Mammography Quality and Standards Act), a report in lay language will be mailed to you following the Radiologist's interpretation.

If you have questions or need additional information, please call Gettysburg Hospital’s Mammography Department: (717) 338-3280.

Imaging Patient Education

What you should know about your **Breast Needle Localization by Mammography**:

**Purpose:**
The breast needle localization procedure uses mammographic guidance to “pinpoint” an abnormal area in the breast. This area is seen on the mammogram but it cannot be felt on physical exam. The Radiologist assists the surgeon by marking the area of concern with a hook wire. Breast needle localization may also be used to assist the surgeon with clip removal following previously performed stereotactic breast biopsy.

**Preparation:**
- Please arrive at the Mammography Suite at your appointment time
- Do not use deodorant, perfumes, or powders the morning of your procedure
- Be prepared to undress from your waist up
- Follow all instructions given to you by the Outpatient Surgical Unit prior to the day of the procedure

**Procedure:**
- The technologist will ask you to verify your name, date of birth, and the procedure you will be having performed.
- The Radiologist will explain to you the needle localization procedure, discuss possible risks of the procedure and answer any questions you may have. The Radiologist will ask you to sign a consent form, giving him/her the permission to perform your procedure. You will be asked to mark “YES” on the breast to be biopsied.
- For the procedure, you may be lying on your stomach or sitting in a chair, depending upon the location of the area to be localized.
- A special compression paddle will be centered over the area of interest.
  ~ The Radiologist will clean your skin with an antiseptic solution
  ~ Using a small needle, your skin will be numbed with an injection of a local anesthetic.
  ~ The hook wire will be placed by the Radiologist to the area of interest.
  ~ Imaging will be performed to document placement of the needle.
  ~ Repositioning may take place if the wire is not at the exact location
  ~ Final images will be taken to confirm proper placement of the hook wire.
  ~ Steri-strips and a gauze dressing will be placed over the wire.

**After the Procedure:**
- You will be escorted via hospital van/personnel, to the OPU (Outpatient Surgical Unit).
- Your family members may follow the van to the hospital.
• Further post procedure information will be provided by your surgeon and the Outpatient Surgical Unit

If you have questions or need additional information, please call Gettysburg Hospital’s Mammography Department: (717) 338-3280.