PLACE LABEL HERE.



0700001

IF LABEL NOT AVAILABLE, WRITE IN PT NAME & MR

## **DEPARTMENT OF RADIOLOGY - BREAST IMAGING REQUEST**

DELATITIENT OF HADIOLOGIC B	TEAGT IMAGING TEGGEOT	
Patient Name:		
History number:		
Appointment Date: Time:	Ordering Prov. Signature:Office Phone or PIC #:	
	Office Priorie of Pic #:	
(Diag Breast Imaging/Procedures) University of Virginia Medical Center 1335 Lee Street Charlottesville (434) 924-5194	enter at Northridge (NR)  Center at Ora  Creening Mammo/Bone Density)  (Screening Man	nmograms) v Lane-Suite D
□ Screening Mammogram(V76.12)  No current breast complaints, no personal history of Other reasons for Screening Mammo □ Family H		sy(V15.89)
□ Diagnostic Mammogram (may include breast exam to evaluate clinical findingBilateralRightLeft	s unless otherwise indicated)	
Please mark indication for diagnostic study:  Palpable lump(s). Indicate location(s) below.  Palpable breast thickening. Indicate locatio.  Nipple discharge(611.79) [BCC ONLY]  Breast pain; focal or diffuse. Indicate locatio.  Breast Implants(V43.82) [BCC OR NR]  Personal history of breast cancer(V10.3) [BCC ONLY]  Follow-up of previous mammographic or some content of the previous surgery showing benign breast domain pre-Surgical Imaging  Pre-Radiation Therapy  Other Dx:	n(s) below.(611.79) [BCC ONLY]  n below.(611.71) [BCC ONLY]  CC, OR NR If >3YRS]  pnographic abnormality(793.80) [BCC ONLY] ]	
☐ Breast Ultrasound		
□ Procedure		
☐ Cyst Aspiration ☐ Core nee	dle biopsy   □ Galactogram (Ductogram)	)
□ Needle-wire localization □ Please S	chedule Procedure if Necessary	
☐ Consultation to evaluate:		
☐ Please Do Additional Imaging if Necessary		
Exam and Pertinent Information:	Right Left	
Date of Last Breast Exam:		
□ Normal		) )
□ Abnormal		ノノ

## How to Make Your Mammogram More Comfortable

Ask any woman what she'd like to change about her mammogram, and you're bound to get the same answer: they're uncomfortable. Some discomfort is necessary because compression of the breast is what allows us to see abnormalities. But compression lasts only for a few seconds while the technologist is taking the x-ray. And there are several things you can do to make your mammogram more comfortable:

- ⇒ If you are still menstruating, schedule your mammogram for the week after menses. Then your breasts will be less tender and have fewer lumps. This is also a good time of the month to perform breast self-examination.
- ⇒ If you take estrogen and progesterone to manage the symptoms of menopause, schedule your mammogram for the first week of your package. This is similar to the week after menstruation in a premenopausal woman.
- ⇒ If you take estrogen alone (without progesterone) for menopause, stop taking the estrogen for about 5 days before your mammogram. Most women will not have withdrawal symptoms during this short period, but the breasts are usually less tender.
- ⇒ If you regularly experience breast pain, take pain-relievers such as acetaminophen (non-aspirin like Tylenol) or ibuprofen (Advil or Motrin) one or two hours before your mammogram.
- ⇒ Discuss your concerns with the technologist performing the exam. She will apply the compression slowly and only to a level that you can tolerate.

Remember that compression lasts only a few seconds. Those few seconds could allow early detection of any breast problems.

## **Preparing for Your Mammogram**

Wear a blouse or sweater rather than a dress on the day of your mammogram to make it easier to undress. You will be given a gown to wear.

Do not use any deodorant, powder, perfume, creams, or lotions in your underarm or breast areas because they may leave a residue that may be picked up on the x-ray and possibly interfere with the mammogram results.