

Mammography Preparation

During scheduling and prior to your exam:

Please notify our staff when scheduling your appointment AND when checking in for your appointment if any of the following apply to you:

- If you have breast implants.
- If there is any possibility that you are pregnant or if you are currently breastfeeding.
- If you need an interpreter to assist you with your native language.

How should I prepare for the procedure?

Refrain from using deodorant, talcum powder, lotion or oils on the day of your visit, since these substances may appear on your images.

It is important that you bring the following with you on the day of your appointment:

- If you have had previous mammograms at other facilities, we ask that you bring the films to your appointment. Our radiologists will want to compare the prior studies to your new mammogram.
- A copy of the prescription for your examination if it was given to you.
- Your insurance information.

What can I expect on the day of my appointment?

When you arrive in our office, you will be asked to verify your identification and exam. Patient verification is an important part of your safety and you will be asked to verify your identification several times during your appointment. Our check-in staff will ask you to complete registration forms that will allow us to collect your medical history and any necessary insurance information. One of our technologists will then escort you to the changing area.

A trained technologist will take x-ray pictures of each breast. Gentle but firm pressure is placed on the breast by means of a specially designed clear compression plate. This pressure is necessary to make sure that the tissue is seen clearly. Occasionally, women report some discomfort during a mammogram. If you have had a mammogram in the past and have experienced discomfort, taking an over-the-counter pain medication, prior to your exam, might help to alleviate the discomfort. Always notify the technologist if you experience any pain during an examination.

Screening Mammogram

Please note that if you are having a routine screening mammogram with us, you will not meet with a physician on the day of your mammogram. Your images will be viewed within 24 hours. In some cases, our radiologist may request additional mammogram images or other testing. If additional testing is recommended, you and your referring physician will be notified. If no additional imaging is required, you will receive a letter from our office in approximately 1 week with the mammogram results. If you would like to speak with a radiologist the day of your exam, please indicate as such during the scheduling of your appointment AND upon arrival.

Diagnostic Mammogram

If you are seeing us because of a current condition or a new symptom, you will see a physician on the day of your exam. In some cases, the physician may request additional images or other testing, which might increase your wait time in our office. We strive, however, to make your visit with us as quick and as pleasant as possible.

Our staff is available to address any questions or concerns that you might have before, during, or after your appointment. Please call (212) 746-6000 if you wish to speak with us.