OREGON IMAGING CENTERS

MAMMOGRAPHY

PREPARATION GUIDE

Everything you need to know to prepare for your mammogram.

APPOINTMENT INFORMATION

Appointment Date:_____

Arrival Time:_____

Location:

☐ **University District**
1200 Hilyard St., Suite 330
Eugene, OR 97401

☐ **RiverBend Pavilion**
3377 RiverBend Dr., Suite 150
Springfield, OR 97477

Comments:

_____

_____

_____

WHAT TO EXPECT

A mammogram is a specialized X-ray that creates detailed images of the breast. During your exam, each breast will be gently compressed for a few seconds to obtain the highest-quality images. The exam typically takes about 20 minutes.

BEFORE YOUR EXAM

- If you have had mammograms at another facility, please arrange to have your prior images sent before your appointment.
- If you need assistance obtaining prior images, please contact our scheduling team at **(458) 215-4046**

ON THE DAY OF YOUR EXAM

NO DEODORANT

Do not wear deodorant, powder, lotion, perfume, or ointments on your chest or underarms. These products can appear on your mammogram images and may affect image quality.

WHAT TO WEAR

Wear a comfortable two-piece outfit. You will be asked to change into a patient gown for your exam.

JEWELRY

Please remove necklaces and other jewelry that may interfere with imaging.

QUESTIONS?

If you have questiosn about your exam, contact our Mammography Scheduling Team at **(458) 215 4046**

YOUR MAMMOGRAM JOURNEY

1. You will receive appointment reminder notifications beginning 4 days before your exam, including a link to our What to Expect video.
2. Arrive at your scheduled arrival time.
3. Change into a patient gown.
4. Your technologist will complete your exam.

HELPFUL TIP

If your breasts are usually tender, consider scheduling your mammogram for the week after your menstrual period, when discomfort may be less.

CONTRAST ENHANCHED MAMMOGRAPHY (CEM)

If you are scheduled for a Contrast Enhanced Mammogram (CEM), an IV will be placed before your exam to administer contrast. Additional instructions will be reviewed with you by our staff before your exam and included in your prep reminder notification.

QUESTIONS? WE'RE HERE TO HELP

If you have any questions regarding your exam, please feel free to call us.

General Scheduling: (541) 334-7555
Main Line: (541) 687-7134