



Patient Education

Mammography



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

Purpose:

A breast needle localization by mammography is performed to localize an abnormality in the breast by placing a needle with a hookwire into the area under mammography guidance.

Preparation:

- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may also be asked to remove jewelry, eye glasses and any metal objects or clothing that interferes with the x-rays.
- Remove all deodorant, lotion, powder or Desitin-like products from under the arms or around the breast area.
- The surgical center will call you one to two days before your procedure to explain the preparation for the biopsy.

Procedure: What to Expect Needle localization procedure - video

- We will verify your name, date of birth and procedure you will be having done.
- Prior to signing the consent form to allow the procedure, the radiologist will talk with you about the exam and answer any questions you may have.
- Depending on the location of the area in your breast to be localized, you will be sitting or standing.
- The procedure will take 30-45 minutes from start to completion.
- A digital mammogram may be taken prior to the procedure being performed.
- The technologist will position your breast with a special compression paddle to see the area of interest to be localized. Once the area of interest has been localized using the mammography guidance, the radiologist will prep your skin by cleaning it with antiseptic. Your skin will be numbed using an injection of anesthetic. The hookwire will be placed. You may feel some pressure and discomfort during placement of the hookwire.
- A digital mammogram will be taken to confirm the hookwire placement. If the radiologist needs to adjust the
 position of the hookwire, another mammogram will be taken to check the placement.

Risks and Benefits:

The risks and possible undesirable consequences associated with this procedure include, but are not limited to,
 bleeding, infection, allergic reaction to the blue dye or anesthetic, pneumothorax (collapsed lung) or rarely death.

Breast Needle Localization by Mamm. continued

After the Exam:

- When the radiologist is satisfied with the location of the hookwire, they may inject blue dye into the breast tissue
 using the wire that is already placed. This stains the tissue as a visual aid for your surgeon during the excision.
 Not all surgeons use the blue dye.
- The area will be dressed with gauze and a protective guard for your return to the surgical center. You will be transported via car driven by Women's Imaging staff to your respective surgical center.
- You will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any chance of pregnancy.

Mammography Department Phone Number: (717) 812-3763



What you should know about your **Breast Needle Localization by Ultrasound**.

Purpose:

A breast needle localization by ultrasound is performed to localize an abnormality in the breast by placing a needle with a hookwire into the area using ultrasound guidance.

Preparation:

- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may also be asked to remove jewelry, eye glasses and any metal objects or clothing that interferes with the x-rays.
- Remove all deodorant, lotion, powder or Desitin-like products from under the arms or around the breast area.
- The surgical center will call you one to two days before your procedure to explain the preparation for the biopsy.

Procedure: What to Expect Ultrasound localization - video

- We will verify your name, date of birth and procedure you will be having done.
- Prior to signing the consent form to allow the procedure, the radiologist will talk with you about the exam and answer any questions you may have.
- You will lie on your back on the ultrasound table. The ultrasound technologist will position your arm to obtain the best images.
- The procedure will take 30-45 minutes from start to completion.
- The technologist will place warm gel on the breast and guide a smooth transducer over the skin. The transducer emits sound waves to create an image on the monitor for the technologist to see.
- Once the area of interest has been localized, the radiologist will prep your skin by cleaning it with antiseptic. Your skin will be numbed using an injection of anesthetic. The hookwire will be placed using the ultrasound guidance.
 You may feel some pressure and discomfort during placement of the hookwire.

Risks and Benefits:

 The risks and possible undesirable consequences associated with this procedure include, but are not limited to, bleeding, infection, allergic reaction to the blue dye or anesthetic, pneumothorax (collapsed lung) or rarely death.

Breast Needle Localization by Ultrasound continued

After the Exam:

- When the radiologist is satisfied with the location of the hookwire, they may inject blue dye into the breast tissue using the wire that is already placed. This stains the tissue as a visual aid for your surgeon during the excision. Not all surgeons use the blue dye.
- A digital mammogram may be taken to confirm the hookwire placement.
- The area will be dressed with gauze for your return to the surgical center.
- You will be transported via car driven by Women's Imaging staff to your respective surgical center.
- If a mammogram is taken to confirm the hookwire placement, you will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any chance of pregnancy.

Mammography Department Phone Number: (717) 812-3763



What you should know about your **Breast Ultrasound**.

Purpose:

A breast ultrasound is performed to evaluate a breast lump, thickening, tenderness or an area of concern seen on the mammogram. Your ultrasound may be performed in conjunction with a diagnostic mammogram.

Preparation:

 Wear a comfortable two-piece garment: pants and a top. You will be asked to remove your top and bra and will be given a jacket to wear during the exam.

Procedure: What to Expect

- We will verify your name, date of birth and procedure you will be having done.
- You will lie on your back on the ultrasound table.
- The ultrasound technologist will position your arm to achieve the best images.
- The technologist will place warm gel on the breast and glide a smooth transducer over the skin. The transducer
 emits sound waves to create an image on the monitor for the technologist to see.
- In some instances, the radiologist will accompany the technologist in the room to review your images.

Risks and Benefits:

 Breast ultrasound compliments your mammography study; it does not replace the mammogram. Breast ultrasound will give additional information about an area in your breast, allowing the radiologist to better provide a diagnosis.

After the Exam:

 After the radiologist interprets your study, you will receive the results and recommendations for continued breast care.

Mammography Department Phone Number: (717) 812-3702



What you should know about your <u>Diagnostic Mammogram (digital)</u>.

Purpose:

A diagnostic mammogram (digital) is performed to evaluate breast symptoms such as a lump, thickening, tenderness, nipple discharge, abscess or fibrocystic changes.

Preparation:

- Wear a comfortable two-piece garment: pants and a top. You will be asked to remove your top and bra and will be given a jacket to wear during the exam.
- Remove all deodorant, lotion, powder or Desitin-like products from under the arms or around the breast area.
- For your comfort, avoid caffeine 24 hours prior to exam.

Procedure: What to Expect

- We will verify your name, date of birth and procedure you will be having done.
- You will be asked a series of questions regarding your health and family history prior to the mammogram. You will be asked to explain your breast symptoms.
- The technologist will explain the purpose of the exam as well as any other exams that may need to be done in conjunction with the mammogram, such as a breast ultrasound.
- The technologist will instruct you in how to stand for each x-ray. She will position one breast at a time and apply firm compression to your breast. During the compression, you may let the technologist know if the compression becomes uncomfortable. The technologist will step away to the control panel and take the x-ray. The compression will automatically release when the x-ray exposure ends.
- This same step will be repeated three times. There will be a total of four x-rays taken.
- The technologist will ask you to wait in the waiting room until the radiologist can review the x-rays. The radiologist may request additional x-rays or a breast ultrasound to complete the exam.

Risks and Benefits:

- After the radiologist interprets your study, you will receive the results and recommendations.
- You may experience mild discomfort during the compression. You may take Tylenol (acetaminophen) prior to your appointment to help the discomfort or schedule your mammogram after the first week of your menstrual period.
- You will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any chance of pregnancy.

Mammography Department Phone Number: (717) 812-3702



A service of York Hospital

What you should know about your **Galactogram**.

Purpose:

A diagnostic study to determine if there are filling defects in the ductal system of the breast usually performed in conjunction with surgery to remove the abnormality. This exam is recommended when a patient is having nipple discharge.

Preparation:

- You will be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may also be asked to remove jewelry, eye glasses and any metal objects or clothing that interferes with the x-rays.
- The surgical center will call you one to two days before your procedure to explain the preparation for procedure.
- You will be provided with a topical numbing cream that should be applied to the nipple 45 minutes to 1 hour prior to the procedure.

Procedure: What to Expect

- We will verify your name, date of birth and procedure you will be having done.
- Prior to signing the consent form to allow the procedure, the radiologist will talk with you about the exam and answer any questions you may have.
- The procedure will take 45 minutes to 1 hour to perform.
- You will be partially reclined in a chair or lying flat on your back on a stretcher.
- The radiologist will try to reproduce the nipple discharge by manipulating the breast and nipple area. When the
 discharge is seen, the radiologist will attempt to insert a small probe into the duct that is producing the discharge.
 With the probe in place, the radiologist will inject a small amount of blue x-ray dye into the duct. The dye will
 make the ducts visible on the mammogram.
- The technologist will take a digital mammogram. The radiologist will be able to determine if there are any abnormalities in the duct for the surgeon to remove.

Risks and Benefits:

• The risks and possible undesirable consequences associated with this procedure include, but are not limited to, bleeding, infection, allergic reaction to the blue x-ray dye or rarely death.

After the Exam:

• The probe will remain in place until the surgery time. Gauze and tape will secure the probe in place. Your care will be continued by the surgical suite.

7/07, 11/12 Page 1 of 2

Galactogram continued

• You will be transported via car driven by Women's Imaging staff to your respective surgical center.

Mammography Department Phone Number: (717) 812-3763

7/07, 11/12 Page 2 of 2



What you should know about your <u>Screening Mammogram (digital)</u>.

Purpose:

A screening mammogram (digital) is performed as a routine screening of breasts to check for questionable areas.

Preparation:

- Wear a comfortable two-piece garment: pants and top. You will be asked to take off your top and bra and will be given a jacket to wear during the exam.
- Remove all deodorant, lotion, powder or Desitin-like products from under the arms or around the breast area.
- For your comfort, avoid caffeine 24 hours prior to exam.

Procedure: What to Expect

- We will verify your name, date of birth and procedure you will be having done.
- You will be asked a series of questions regarding your health and family history prior to the mammogram.
- The technologist will instruct you in how to stand for each x-ray. She will position one breast at a time and apply firm compression to your breast. During the compression, you may let the technologist know if the compression becomes uncomfortable. The technologist will step away to the control panel and take the x-ray. The compression will automatically release when the x-ray exposure ends.
- This same step will be repeated three times. There will be a total of four x-rays taken.

Risks and Benefits:

- You may experience mild discomfort during the compression. You may take Tylenol (acetaminophen) prior to your appointment to help the discomfort or schedule your mammogram after the first week of your menstrual period.
- You will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any chance of pregnancy.

After the Exam:

• The technologist will review the x-rays for quality purposes prior to discharging you. You will receive a form letter in the mail in one to two weeks to let you know the results of the exam.

Mammography Department Phone Number: (717) 812-3702



What you should know about your <u>Stereotactic Biopsy.</u>

Purpose:

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

Preparation:

- You may eat a light meal.
- Discontinue aspirin, ibuprofen, blood thinners and pain reducers such as Ecotrin, Aleve, Motrin, naproxen sodium, Advil and Excedrin, 3 to 5 days prior to your appointment. You may take only Tylenol (acetaminophen).
 A nurse will call you 2-3 days before your procedure to go over your medications with you and to answer any questions you may have.
- Wear a comfortable two-piece outfit: pants and a top. You will be asked to remove your top and bra and you will be given a jacket to wear during the exam.

Procedure: What to Expect

- We will verify your name, date of birth and procedure you will be having done.
- The procedure will take approximately one hour to perform.
- Prior to signing the consent form to allow the procedure, the radiologist will talk with you about the exam and answer any questions you may have.
- You will be lying on your stomach for about 45 minutes. The technologist will work with you to try and get you as
 comfortable as possible. Your breast will extend through an opening in the table. The table will be raised to
 allow the personnel to work underneath the table. Your breast will be compressed for the duration of the
 procedure.
- A mammogram will be taken to localize the area of interest and later to help guide the needle to the area.
- The radiologist will prep your skin by cleaning it with antiseptic solution.
- Your breast will be numbed first at the skin level then deeper into the tissue. The radiologist will then make a small knick in your skin to allow entry of the needle. You will experience pressure but no sharp pain. Please let the technologist or nurse know if you experience pain.
- The radiologist will begin taking samples of tissue from the area in question. The biopsy equipment will make an
 audible vacuum noise throughout the procedure. The radiologist will take between 6-12 samples to be sent to
 the laboratory for interpretation.

Stereotactic Biopsy continued

Risks and Benefits:

- You may experience bruising at the biopsy site that can last 5-7 days.
- If there is excessive swelling, bleeding, drainage, redness or heat, please contact the WellSpan Women's Imaging Center at (717) 812-3763, Monday through Thursday, 8 a.m. to 8:30 p.m. and Friday from 8 a.m. to 4 p.m. After 4 p.m. and on weekends or holidays, contact WellSpan York Hospital Imaging Department at 851-3765.

After the Exam:

 After the biopsy is over, the nurse will instruct you on how to care for the site and how you will receive your results.

Mammography Department Phone Number: (717) 812-3763



What you should know about your <u>Ultrasound Guided Breast Aspiration</u>.

Purpose:

An ultrasound-guided breast aspiration is performed to obtain fluid from a suspected cyst or abscess by inserting a needle into the area. The fluid may be sent to the laboratory to be analyzed.

Preparation:

- You may eat a light meal.
- Discontinue aspirin, ibuprofen, blood thinners and pain reducers such as Ecotrin, Aleve, Motrin, naproxen sodium, Advil, Excedrin, etc., 3-5 days prior to your appointment. You may take only Tylenol (acetaminophen). A nurse will call you 2-3 days before your procedure to go over your medications with you and to answer any questions you may have.
- Wear a comfortable two-piece outfit: pants and a top. You will be asked to remove your top and bra and will be given a gown to wear during the exam.

Procedure: What to Expect

- We will verify your name, date of birth and procedure you will be having done.
- The procedure will take approximately 30-45 minutes to perform.
- Prior to signing the consent form to allow the procedure, the radiologist will talk with you about the exam and answer any questions you may have.
- You will lie on your back on the ultrasound table.
- The ultrasound technologist will position your arm to achieve the best images.
- The technologist will place warm gel on the breast and glide a smooth transducer over the skin. The transducer emits sound waves to create an image on the monitor for the technologist to see.
- The radiologist will prepare the skin of your breast by cleaning it with an antiseptic solution and draping it with a sterile cloth.
- Your breast will be numbed at the skin level. The radiologist will insert a needle into your breast using ultrasound
 guidance so that the tip of the needle is against the cyst or abscess. You may experience pressure. Please let
 the technologist or nurse know if you experience pain.
- When the radiologist has verified the needle is in the area of interest, they will attempt to draw fluid out of the cyst or abscess. The fluid may be sent to the laboratory to be analyzed.

Ultrasound Breast Aspiration continued

Risks and Benefits:

- Aspiration of cyst or abscess does not guarantee that it will not return over time, however, performing the aspiration may eliminate pain associated with large cysts.
- The risks and possible undesirable consequences associated with this procedure include, but are not limited to, bleeding or infection.

After the Exam:

- A mammogram may be taken to verify that the cyst or abscess has been drained and is no longer seen.
- A bandaid will be placed over the needle entry site. An ice pack will be applied to reduce bruising and discomfort.
- The nurse will explain how you will receive your results.

Mammography Department Phone Number: (717) 812-3763



What you should know about your <u>Ultrasound Guided Core Biopsy</u>.

Purpose:

An ultrasound guided core biopsy is performed to obtain a tissue sample of a questionable area in the breast using ultrasound guidance.

Preparation:

- You may eat a light meal.
- Discontinue aspirin, ibuprofen, blood thinners and pain reducers such as Ecotrin, Aleve, Motrin, naproxen sodium, Advil, Excedrin, etc., 3-5 days prior to your appointment. You may take only Tylenol (acetaminophen). A nurse will call you 2-3 days before your procedure to go over your medications with you and to answer any questions you may have.
- Wear a comfortable two-piece outfit: pants and a top. You will be asked to remove your top and bra and will be given a gown to wear during the exam.

Procedure: What to Expect

- We will verify your name, date of birth and procedure you will be having done.
- The procedure will take approximately one hour to perform.
- Prior to signing the consent form to allow the procedure, the radiologist will talk with you about the exam and answer any questions you may have.
- You will lie on your back on the ultrasound table.
- The ultrasound technologist will position your arm to achieve the best images.
- The technologist will place warm gel on the breast and glide a smooth transducer over the skin. The transducer emits sound waves to create an image on the monitor for the technologist to see.
- The radiologist will prepare the skin of your breast by cleaning it with an antiseptic solution and draping it with a sterile cloth.
- Your breast will be numbed first at the skin level then deeper into the tissue. The radiologist will then make a
 small knick in your skin to allow entry of the needle. You will experience pressure but no sharp pain. Please let
 the technologist or nurse know if you experience pain.
- The radiologist will begin taking samples of tissue from the area in question. You will hear an audible click from the machine when the sample is taken. The radiologist will take between 6-12 samples to be sent to the laboratory for interpretation.

Risks and Benefits:

You may experience bruising at the biopsy site that can last 5-7 days.

Ultrasound Guided Core Biopsy continued

If there is excessive swelling, bleeding, drainage, redness or heat, please contact the WellSpan Women's Imaging Center at (717) 812-3763, Monday through Thursday, 8 a.m. to 8:30 p.m. and Friday from 8 a.m. to 4 p.m. After 4 p.m. and on weekends or holidays, contact WellSpan York Hospital Imaging Department at 851-3765.

After the Exam:

The nurse will instruct you on how to care for the site and how you will receive your results.

Mammography Department Phone Number: (717) 812-3763