



PLACE LABEL HERE.  
IF LABEL NOT AVAILABLE, WRITE IN PT NAME & MR#

DEPARTMENT OF RADIOLOGY – BREAST IMAGING REQUEST

Patient Name: \_\_\_\_\_ Attending Physician: \_\_\_\_\_  
History number: \_\_\_\_\_ Ordering Provider: \_\_\_\_\_  
Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_ Ordering Prov. Signature: \_\_\_\_\_  
Office Phone or PIC #: \_\_\_\_\_

- Univ of Virginia Breast Care Center (BCC) (Diag Breast Imaging/Procedures) University of Virginia Medical Center 1335 Lee Street Charlottesville (434) 924-5194 FAX (434) 924-5672
Virginia Mammography Center at Northridge (NR) (Screening Mammo/Bone Density) 2955 Ivy Road, Suite 102 Charlottesville (434) 243-4535 FAX (434) 972-4231
Diagnostic and Mammography Center at Orange\* (Screening Mammograms) 661 University Lane–Suite D Orange (540) 661-3082 FAX (540) 661-3020

Screening Mammogram(V76.12) No current breast complaints, no personal history of breast cancer, recent breast biopsy, or implants. Other reasons for Screening Mammo Family History Breast CA(V16.3) Previous Neg Biopsy(V15.89)

Diagnostic Mammogram (may include breast exam to evaluate clinical findings unless otherwise indicated) Bilateral Right Left

Please mark indication for diagnostic study:

- Palpable lump(s). Indicate location(s) below. (611.72) [BCC ONLY]
Palpable breast thickening. Indicate location(s) below.(611.79) [BCC ONLY]
Nipple discharge(611.79) [BCC ONLY]
Breast pain; focal or diffuse. Indicate location below.(611.71) [BCC ONLY]
Breast Implants(V43.82) [BCC OR NR]
Personal history of breast cancer(V10.3) [BCC, OR NR if >3YRS]
Follow-up of previous mammographic or sonographic abnormality(793.80) [BCC ONLY]
Recent surgical or needle biopsy [BCC ONLY]
Previous surgery showing benign breast disease(611.9) [BCC OR NR]
Pre-Surgical Imaging
Pre-Radiation Therapy
Known Breast CA: Pre-treatment Imaging
Other Dx: \_\_\_\_\_

- Breast Ultrasound
Procedure
Cyst Aspiration Core needle biopsy Galactogram (Ductogram)
Needle-wire localization Please Schedule Procedure if Necessary

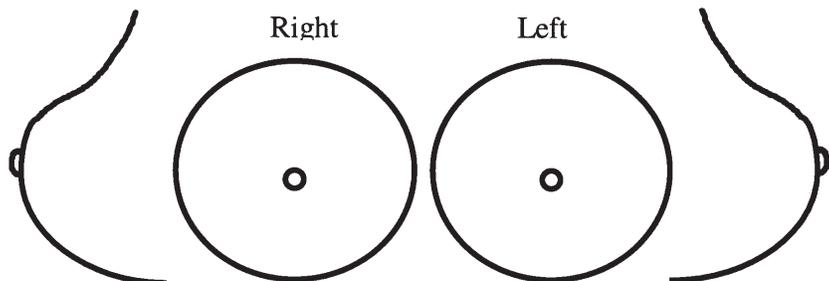
Consultation to evaluate: \_\_\_\_\_

Please Do Additional Imaging if Necessary

Exam and Pertinent Information:

Date of Last Breast Exam: \_\_\_\_\_

- Normal
Abnormal \_\_\_\_\_



# 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.