

INSTRUCTIONS FOR YOUR MAMMOGRAM SCREENING

You are scheduled for a mammogram on _____ at _____ o' clock.
[Date]

- ✓ Please arrive at the appointment at least 5 minutes before your scheduled time
- ✓ If using our 3D Mammogram Coach, please note there are four small steps (two outside the coach and two inside) to enter. We also have a lift access available for anyone with mobility concerns. We ask you advise your client administrator if you'd like to utilize.



- ✓ Bring your **completed** forms (Patient Info, Medical History and Medical Release Form).
- ✓ If you have had a previous mammogram, please provide the name, address, and telephone number of the facility where you had the mammogram.
- ✓ Please bring your insurance card. If using your spouse's insurance, you must have your spouse's insurance card information and birth date.
- ✓ If you have a physician where we would send the results, please provide their name, address, and telephone number.
- ✓ Do not use lotion, deodorant or body powder around your breasts or under your arms—or—wash it off before you arrive for the appointment
- ✓ Please notify the Mammography Technologist if there is a possibility that you could be pregnant
- ✓ Total estimated time of registration & screening mammogram is approximately 20 minutes
- ✓ Mammograms are only provided to women 35 years and older. If you are under age 35 with family history, please contact your physician to obtain an order and we can provide your mammogram.
- ✓ WDC is UNABLE to provide a screening mammogram: If you have breast implants, are pregnant, have been nursing within the last 3 months, received an abnormal mammogram within the last 12 months, or have a known malignancy in either breast.

For additional information please visit the **Resource** page on www.wdc-mammogram.com