

Bilateral Diagnostic Mammogram

Your doctor has requested a Diagnostic Mammogram (x-rays of your breasts) for you. Cedars-Sinai has a team of mammography specialists led by Donald S. Cohen, MD. The role of this procedure is to evaluate your breast tissue for anything unusual that may have been felt by you or your physician, or found on your routine screening mammogram.

Before coming to the Cedars-Sinai S. Mark Taper Foundation Imaging Center:

- It is suggested that you **do not schedule your mammogram for the week prior to your menstrual cycle** (period), as your breasts are usually very sensitive at this time.
- It is important that you **do not wear deodorant or talcum powder** on the day of your exam.
- Please **leave your jewelry and valuables at home**.
- Although we do not anticipate any delay in your scheduled appointment, we recommend that you bring a book, a magazine, or a Walkman to help pass the time while you are waiting.

After you arrive:

- You will be asked to complete a "Breast Imaging Questionnaire" prior to your exam. The technologist will review this information with you and will add additional information, as necessary.
- You will change into a patient gown, removing your clothes from the waist up.

The exam:

- Once in the exam room, pictures of each breast will be taken. If this is a follow-up to a screening mammogram, only one breast may be imaged.
- The pictures are taken while applying pressure to your breast. Although the pressure may be uncomfortable, it is essential to obtain quality pictures.
- Your exam will take approximately 5-10 minutes.
- The results of the exam will take approximately 15-30 minutes. The technologist will review your x-rays with the Cedars imaging physician prior to sending you home.

- If necessary, additional films may be taken. This is to ensure that any possible abnormality in your breast be thoroughly evaluated. In conjunction with the additional imaging, an ultrasound may also be used to evaluate an abnormality.

After your exam:

- There are no restrictions placed on you after this procedure. You may eat or drive as normal.
- A Cedars imaging physician will read your study and the results will be sent to your personal physician, usually within 48 hours.
- In most cases, the imaging physician will review your study with you on the day of your exam.
- You will receive a letter in the mail confirming the information the imaging physician provided on the day of your exam.
- Your personal physician should discuss these findings with you and explain what they mean in relation to your health.
- To request copies of your pictures on a PC and MAC compatible CD, or a copy of your report, call (310) 423-8000 and follow the prompts for your selection.

Parking at the Cedars-Sinai Medical Center:

- Taper Imaging Center parking is located in **Lot 7** at the **corner of San Vicente Blvd. & Gracie Allen Dr.** (Alden Dr.). Enter off Sherbourne Drive.
- Parking is partially validated and validation is available in the imaging center lobby.
- Or, park in the Medical Center North Tower off George Burns Road.
- There is a large metal sculpture in the shape of the number "8" in front of the S. Mark Taper Foundation Imaging Center.
- There is a curbside patient drop-off zone on Gracie Allen Dr.