

## Bilateral Screening Mammogram

Your physician has recommended a Bilateral Screening Mammogram. 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 any abnormalities including cysts, other benign abnormalities, or a malignancy.

### **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.

### **During the exam:**

- Once in the exam room, pictures of each breast will be taken.
- 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 10-15 minutes. Upon completion of your exam, the technologist will review the x-ray films and you will be released.

### **After your exam:**

- There are no restrictions placed on you after this procedure. You may eat or drive as normal.

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- A Cedars imaging physician will review your study and the results will be sent to your doctor with a follow-up letter to you.
- A Cedars imaging physician may call you back for additional pictures. 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.
- 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.