Patient Exam Preparation Instructions: Mammogram

- Arrive at least 15 minutes prior to your scheduled appointment.
- Do not apply powders, creams or deodorants on the day of your examination.
- Eat, drink and take prescribed medications (unless additional testing to be performed on this day instructs otherwise).
- You will be instructed to undress from the waist up, so please choose appropriate clothing that will help facilitate this.
- University Radiology offers 3D/tomosynthesis mammography at several locations. If you would like this examination, please request this at the time of scheduling your appointment.
- Mammography appointments differ based on the indication for the study. If you are having a routine mammogram, then schedule a SCREENING study. If you are having a problem or need a follow up from a prior study, then a DIAGNOSTIC MAMMOGRAM (with possible ultrasound) is needed. If you are uncertain which study is needed, please discuss this with the ordering clinician or contact our scheduling department.
- Patients who are recently post partum, currently breastfeeding or have been breastfeeding within the last 6 months should contact our scheduling department prior to scheduling an appointment.

Bring relevant studies and reports to your appointment
University Radiology is able to obtain electronic images and reports for you if the previous studies were performed at our imaging centers or at the following hospitals:

- Jersey City Medical Center
- Jersey Shore University Medical Center
- Raritan Bay Medical Center
- Robert Wood Johnson University Hospitals in: New Brunswick, Somerset, Rahway, Hamilton
- Saint Michael’s Medical Center
- Saint Peter’s University Hospital
- Trinitas Regional Medical Center

Bring your prescription, insurance card, and photo ID
They are required for this procedure.

Payment
You will be expected to pay your estimated co-payment, co-insurance and/or deductible at the time of your appointment. Call your insurance provider if you have questions about your plan or coverage.

Questions?
Call 800-758-5545