

Thank you for scheduling your mammogram with the Tuality Breast Health Center

Screening mammograms usually involve two x-ray images of each breast which allows for better detection of tumors that cannot be felt, as well as micro-calcifications (tiny deposits of calcium) that may indicate the presence of breast cancer. The following information will help to prepare you for your appointment.

Information about your appointment:

- **Most mammogram appointments take about 20 minutes;**
 - **Please do not wear deodorant or powders, we will have deodorant packets for you;**
 - **Please eat and drink as usual.**
- ✓ **Reminder call/text:** You will receive a reminder call or text in your language 24-48 hours before your appointment.
 - ✓ **Please bring with you:** Your photo identification and insurance card(s) to complete the registration process.
 - ✓ **Parking:** Parking is available in the parking lot at 6th and Baseline, next to Tuality 7th Avenue Medical Plaza. Handicap-access parking is available in the covered parking under the building.
 - ✓ **Check-in:** Check in with registration on the 1st floor of the 7th Avenue Medical Plaza. After you complete registration, they will notify the Breast Health Center staff of your arrival and give you directions to the Breast Health Center on the 3rd floor.
 - ✓ **Once in the Breast Health Center:** The technologist will take you to one of the mammography suites and go over your breast health history and explain the procedure to you and answer any questions you may have. If needed, interpreter services are provided free of charge.
 - ✓ **Results from your study:** The radiologist will review your mammogram and compare it to any previous mammograms. You and your primary care provider will receive a letter with your results in the mail within one week. If you do not hear from us, please feel free to call us at one of the numbers listed below.
 - ✓ **Next mammogram appointment:** You will receive a letter approximately 11 months from the date of your appointment to remind you to set an appointment for your next annual screening.



If you have any questions or if we can assist you in any way, please contact us:

Tuality Breast Health Center

7th Avenue Medical Plaza
3rd Floor, Suite 3200
(503) 681-4108 or (503) 681-4383



TUALITY HEALTHCARE
An OHSU Partner