DIRECTIONS FOR ULTRASOUNDS

For a **pelvic ultrasound**, your bladder must be full. Start drinking 2 hours before your exam, and finish drinking four 8 oz glasses of liquid one hour prior to the exam. Not having a full bladder may result in a delay on the day of your appointment, or your appointment may have to be rescheduled.

For an **obstetrical ultrasound** no preparation is required. We would ask that you please limit the number of guests that you bring to your exam.

For an **abdominal ultrasound**, please do not eat or drink for 8 hours prior to your scheduled appointment. You may continue routine medications with small sips of water.

For a **vaginal ultrasound**, you do not need to have a full bladder. There is no preparation required.

Depending on the type of ultrasound, plan on 20-60 minutes for your appointment.

Because of liability issues, we are unable to be responsible for minor children left unattended in our waiting areas. If bringing children with you to your appointment, please bring a responsible adult to care for your children during your exam.

Be assured that throughout your exam, our skilled and compassionate staff and technicians will be dedicated to your care, comfort and safety.

Thank you for letting us take part in your health and healing, and for trusting us with your care.

O: 435.725.2081
F: 435.725.2082

250 West 300 North
Roosevelt, UT 84066

DIRECTIONS FOR MAMMOGRAMS

Please do not wear any deodorant, powder, lotion or perfume on your breasts or under your arms. If you do have powder or deodorant on, please inform the technologist.

If you have a lump, breast discharge, or breast implants, please inform our staff as you schedule your appointment so we can allow for appropriate time to complete a diagnostic mammogram.

Schedule your mammogram seven to ten days after your period, when your breasts are the least tender. Wear a two-piece outfit that allows easy access to the top part of your body.

Screening mammograms take approximately 30 minutes; diagnostic mammograms take approximately 60 minutes.

DIRECTIONS FOR DEXA SCANS

Please do not wear any metal snaps, buttons or jewelry. Sweats are perfect for this exam, but if you cannot avoid the metal snaps or buttons, please come in ten minutes early to allow for changing time.

With a Dexa Scan, it is necessary that you be on time. If you arrive late to your exam, there is a possibility that you will have to reschedule due to the fact that Dexa Scans are scheduled every 15 minutes.

www.ubmc.org

Women's Imaging

Mammography

Ultrasound

Dexa Scans

Bone Density
Body Composition

Women's Health
UINTAH BASIN HEALTHCARE

DIGITAL MAMMOGRAPHY

Mammography is currently the "gold standard" of early detection, because it can spot tumors as small as grains of rice - years before they could be detected by hand.

Most experts now agree that every woman should have a mammogram every year starting at age 40, or earlier if recommended by a healthcare provider.

Some women find the compression of the breast to be uncomfortable, but proper compression is extremely important because it spreads the breast tissue more evenly, and greatly improves the quality of the image.

The doses of radiation are very low, and any adverse effects are far outweighed by the benefits of early detection.

On mammographic x-rays, fat appears black while ducts, glands and tumors appear white. In young adults the glands and ducts are larger, so tumors are more difficult to see on x-rays. This is why mammograms are generally not done on younger women.

As good as mammography is, it does miss up to 10%-15% of the changes - particularly in younger women whose breasts are dense. Your early detection plan should include monthly breast self-examination and regular clinical examinations.

DIAGNOSTIC TESTS

If a suspicious area is found on your mammogram or on a clinical breast exam, your physician may recommend a **diagnostic mammogram**. This exam includes special views that concentrate on the area in question and is different from the routing screening.

If you have nipple discharge, your physician may request a **ductogram**, which involves injecting a small amount of dye directly into the milk duct.

If you have a lump, an **ultrasound** exam with high frequency sound waves will help determine if the lump is solid (such as a fibroadenoma, or a cancerous tumor) or liquid (such as a cyst, which are usually benign).

Another way to approach a lump is to insert a small needle into it. This is called a **Fine Needle Aspiration**, or FNA. If the lump is a cyst, the syringe will fill with fluid and the lump will disappear. This means that it is most likely benign, and you will need nothing more than to have it rechecked in a few months.

If the lesion turns out to be solid, the physician may attempt to obtain a sampling of the cells to be examined under a microscope.

Sometimes the only way to be sure the abnormality is not cancerous is to do a **biopsy** - to take a sample of the tissue, and have it examined by a pathologist.

The sample can be obtained by a **core biopsy**, which is done with a large hollow needle, attached to something that works like an ear-piercing device.

If the lesion is difficult to feel by hand, your physician will use a **stereotactic mammography** unit to accurately guide the needle directly into the lesion - even if it is as small as a grain of rice. Some stereotactic units look like a mammography machine; others are shaped like a table with an opening for the breast.

Another choice is to have a **surgical biopsy** - taking out part of the lump, or the entire lump in surgery. This procedure can be done in a hospital or an outpatient center, and you will go home the same day.

Whatever the technique, the sample will be sent to a pathologist, who will examine it under a microscope and formulate a definitive diagnosis.

Try not to worry while waiting for results - four out of five biopsies turn out to be non-cancerous.

ULTRASOUND

Ultrasound imaging is a safe, painless and radiation-free method of producing real-time pictures of internal organs and systems. Also called sonography, ultrasound uses inaudible, high-frequency sound waves to examine many parts of the body including the abdomen, pelvis and blood vessels, as well as the fetus during pregnancy.

A handheld microphone-like device called a transducer is scanned over the part of the body being examined. As the sound waves make contact with blood, tissue and bone, portions of the waves "echo" back to the transducer. The echoes are then analyzed by a computer to form continuous real-time images.

Ultrasound's dynamic capabilities allow radiologists to see organs in motion to assess the function of body parts as well as to perform other procedures using ultrasound for imaging guidance. Advanced techniques of 3D and 4D ultrasound can provide better, more realistic pictures that can help health care providers get a clearer picture of possible problems, during pregnancy, surgery or in other situations.

DEXA SCANS (Bone Density)

DEXA (Dual Energy X-ray Absorptiometry) exams estimate the amount of bone mineral content in specific areas of your body.

Two X-Ray energies allows the Radiologist to tell the difference between bone and soft tissue, giving a very accurate estimation of bone density.

DEXA is painless, and requires no injections, invasive procedures, sedation, special diet or any other advance preparation.

During a DEXA exam, the patient lies fully clothed on a padded table while the system scans one or more areas of bone.

While DEXA uses x-rays, the radiation dose is less than during a chest x-ray.