



## **Breast Ultrasound**

Your doctor has ordered a Breast Ultrasound for you. This exam obtains ultrasound images of your breast (which may include your nipple, areola, and/or axilla [arm pit] areas). The following are possible reasons to have this exam: 1) Follow-up to a mammogram, 2) Palpable mass, 3) Follow-up to a previous ultrasound. There are a few things you should know before you arrive to the Ultrasound department.

**PREPARATION:** None. If your breast contains a palpable mass/lump, we ***must*** know the approximate size and *exact* location of the mass. This is so we can properly assess the mass and to make sure your exam is scheduled correctly.

**BEFORE THE TEST:** For your safety, you will be asked a number of questions by the sonographer and/or radiologist. Possible questions include, but are not limited to:

- What kind of symptoms are you having?
- Any previous surgeries/procedures?
- Personal and family medical history?

**THE TEST:** You will be asked to lie on your back for the exam. You will be asked to rest your arm up by your head and roll slightly onto your side. The sonographer will apply gel and rub a camera on your breast area to evaluate the area of interest and other structures. This exam should not cause any discomfort, although you will need to lie in position for 15-30 minutes. If you become uncomfortable, the sonographer will attempt to make you more comfortable.

**AFTER YOUR TEST:** The sonographer must take 5-10 minutes to review your images with the radiologist, to make sure no additional imaging is needed before you leave. The radiologist frequently enters the room and does a quick assessment him/herself. There are no restrictions from the Ultrasound Department after your test.

**RESULTS:** The radiologist will study your images in great detail, and will dictate a report which will be transcribed for your ordering physician to review and discuss with you. Your sonographer is unable to give any results at the time of testing. However, if the radiologist enters the room, he/she will frequently tell you if this is a benign finding or if additional testing needs to be done to rule out the possibility of something more serious.

Every effort will be made to make you as comfortable as possible during your examination. If you have any questions or concerns, please direct them to the imaging staff at (574) 364-2819.