



Choice Care

by

Marcy Zwelling, MD

Private Medical Services

What is the procedure when I need a mammogram?

The procedure is simple but must be followed exactly.

Call the office to inquire about your mammogram and ask us to make that appointment for you.

If you have a specific facility that you like, let us know in advance.

You must have a prescription. Come to the office to pick up that prescription prior to your visit.

If you have HMO insurance, please go to the section labeled, *“What if I have an HMO”* for further instruction.

You must tell the people at Total Care or wherever you may be going for your study that a copy of the result **MUST** be sent to Dr. Zwelling immediately and that if there is anything wrong or if there is any question, the radiologist must speak with Dr. Zwelling immediately.

Give them our phone number, 562-596-7485.

Give them our fax number, 562-596-4360.

On the day of the mammogram, do not use any deodorant or powder.

Arrive at Total Care or at the facility where the study is being done at least 30 minutes prior to your appointment.

If you have copies of previous mammograms, take them with you.

If you have had mammograms at other facilities, but you do not have those films, you should call that facility and arrange to get those films prior to your appointment. Obviously, take those films with you. Do not bring copies of your films to our office.

Allow 5 business days and if you have not heard from us confirming the result of your mammogram, please call the office.

Mammograms are usually performed yearly after the age of 40 or may be ordered more often at the discretion of a physician. If you have a mass, a pain or any question about your breast, call us immediately.

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