

Mammogram Prep Checklist

Day Of Your Mammogram

Shower or bathe as you normally would. It is okay to use soap.

DON'T apply the following to your breasts, chest, or underarms:

- × Deodorants
- × Antiperspirants
- × Lotions
- × Creams
- × Powders
- × Cosmetics
- × Perfumes

Eat and drink as you normally would.

Take any daily medications as you normally would.

Consider taking pain medication (over-the-counter) about one hour before your appointment time.

Wear a two-piece outfit (shirt and pants/shorts/skirt).

Wear comfortable shoes.

Leave neck jewelry and long earrings at home.

Share important information with the mammogram technician during your appointment, such as:

Any breast changes or problems you are experiencing

If you have breast implants

If you have trouble standing or holding still (without a cane or walker)

If you are breastfeeding

If you are or think you might be pregnant

Try to relax! This important screening will take only a few minutes.