**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.