



Mammogram Patient Preparation Guide

Helpful steps to get ready for your screening or diagnostic mammogram.

What to Expect

- Mammography uses low-dose x-rays to image the breasts. Compression lasts a few seconds per image and improves image quality.
- Typical visit time: 15–30 minutes; additional images/ultrasound may be performed if needed.

(1) Before Your Appointment

- **Timing:** If you have menstrual periods, consider booking when your breasts are least tender (often 1 week after your period).
- **No powders, lotions, or deodorants:** On the day of the exam, avoid deodorant, antiperspirant, powders, lotions, or perfumes on the breasts or underarms—they can appear as artifacts.
- **Prior images:** Bring previous mammograms/ultrasounds or provide the facility details so we can request them.
- **Symptoms or surgeries:** Tell us about breast symptoms, implants, prior biopsies/surgeries, or pregnancy/breastfeeding.

(2) On the Day of Your Mammogram

- **Clothing:** Wear a two-piece outfit for easier undressing from the waist up.
- **Jewelry & metal:** Remove necklaces and any nipple piercings before the exam.

(3) After the Exam

- You can return to normal activities. If additional views are needed, we will explain next steps.

What to Bring

- Photo ID, referral letter, prior breast imaging (or clinic details), and your medication list.

Important

Always follow the instructions provided to you by Images Diagnostic Center staff for your specific exam. If they differ from this guide, our center's instructions take priority.