

YOUR QUICK PEEK-READY GUIDE

MAMMOGRAM PREP CHECKLIST

Before your mammogram:



1. Pick the right time: Avoid scheduling your mammogram the week before or during your period if your breasts are tender.



2. Bring the essentials: Pack your ID and insurance card.



3. Know your history: Be ready to share details about your medical history, especially if you have a family history of breast cancer, and let the technologist know if you've felt any abnormal lumps or bumps.

On the day of your mammogram:



1. Dress smart: Wear a two-piece outfit so you'll only need to remove your top and keep necklaces at home.



2. Ditch the deodorant: Skip deodorants, perfumes, powders, or lotions under your arms or on your chest. These can show up on the mammogram and confuse the results.



3. Communicate comfort: Let the technologist know if you're nervous, have sensitive breasts, or feel discomfort during the exam — they'll make adjustments to keep you comfortable.

After your mammogram:



1. Celebrate yourself: You did it! Treat yourself to a little self-care — you've earned it.



2. Ask about the results: Confirm how and when you'll receive your mammogram results.



3. Mark your calendar: Save the date for next year's mammogram. Early detection is a yearly thing!



PRO TIP:
A quick peek is all it takes to catch the real monster!