



### **Mammogram Preparation Requirements**

- Do not schedule your mammogram for the week before your period as your breasts are usually tender during this time.
- The best time for a mammogram is one week following your period.
- Always inform your doctor or the radiographer if there is any possibility that you are pregnant.
- Do not wear deodorant, talcum powder or lotion under your arms or on your breasts on the day of the exam, as these can appear as calcium spots.
- Describe any breast symptoms or problems to the radiographer performing the exam.
- Always retain prior mammograms and bring them with you on the day of the examination, so that the radiologist can compare your results with previous mammograms.
- Results are normally given to you on the day of the examination .You need to take these back to your referring doctor.