Mammography Preparation

- Avoid the use of any deodorant, powders, creams or ointments on the day of your exam, as they may contain ingredients that interfere with the quality of the mammogram.

- It's best to wear a two-piece outfit, such as a blouse and skirt or slacks, as you will be asked to undress from the waist up.

- If you routinely experience breast tenderness prior to your period, schedule your mammogram for the middle of your cycle. You may also wish to take a painkiller such as Aspirin or Tylenol an hour before your appointment.