

MAMMOGRAPHY

PATIENT PREPARATION

- Refrain from caffeine five days before your mammogram. This usually decreases overall breast density, aiding in the interpretation of your mammogram. It also will help with discomfort during the procedure.
- Do not wear deodorant powder or cream under your arms.
- If you have sensitive breasts, try to schedule your mammogram at the time of month when your breasts will be least tender. Avoid the week right before your menstrual cycle.