



Tips for Preparing for and Getting a **Mammogram**



Consider Your Cycle

- Avoid scheduling your mammogram the week before or during your period. Sensitivity during this time might make the experience more uncomfortable.
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Dress Accordingly

- Avoid wearing any perfume, fragrant powder or deodorant as these can show up on a mammogram as white spots.
 - Consider wearing separates when picking an outfit. You will need to undress from the waist up for the mammogram.
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Alert Us of Past Mammograms

- If this is your first mammogram at Lafayette General Health, bring a list of prior mammograms, biopsies or breast imaging from other facilities. This allows the radiologist to compare them to look for changes.