



**SHARSHERET®**  
The Jewish Breast & Ovarian Cancer Community

# HOW TO PREPARE: YOUR 1<sup>ST</sup> MAMMOGRAM

## SCHEDULE RIGHT

Try to book your appointment one week after your period—your breasts will be less tender.



## SKIP DEODORANT THAT DAY

Don't wear deodorant, lotion, or powder on your chest or underarms. These can show up on the images.



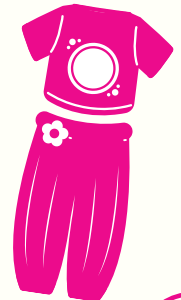
## BRING ANY PAST RECORDS

If you've had imaging elsewhere before, bring those records or let the clinic know.



## WEAR A TWO-PIECE OUTFIT

Wear a top and bottom so you only need to remove your shirt and bra.



## TALK TO THE TECH

Let the technician know it's your 1st time so they explain each step and ease your anxiety.



## CALL SHARSHERET

Our team of social workers are here for you in The Waiting Room- as you wait for your mammogram and the results.

Brought to you by Sharsheret and our  
Waiting Room sponsors:



**MERCK**

