

# How to prepare for a mammogram



On the day of your appointment, do not use deodorant, powder, cream or perfume on your breasts or underarms. These products cause marks on the X-rays that may be confused with lesions.



To have your mammogram taken, you will have to remove all jewellery, including chains and earrings, and other objects that might interfere with the quality of the X-rays.



Since you will have to strip to the waist, it is best not to wear a dress. A separate top is more practical.

Some women have reported that avoiding coffee, tea, colas and chocolate for the two weeks before having the mammogram can reduce discomfort. It is also best to have it taken sometime during the 10 days that follow the beginning of your menstrual period or when your breasts are at their least sensitive.