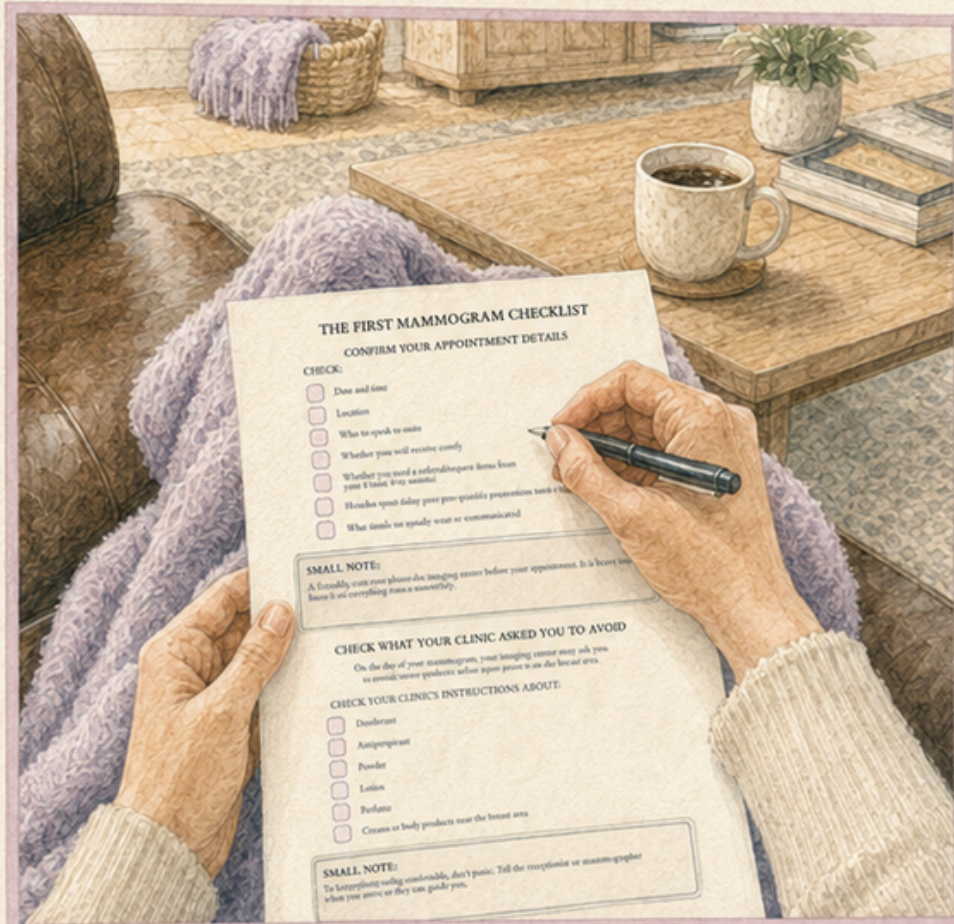


Your First Mammogram Checklist: What to Do Before Your Appointment So You Feel Less Rushed, Less Confused, and Less Alone



WHAT TO
WEAR



WHAT TO
AVOID



WHAT TO
BRING



QUESTIONS
TO ASK

by **Ask A Mammographer**
for the woman who wants to feel more prepared before
her first mammogram.

BEFORE YOU START CHECKING THINGS OFF

Preparing for your first mammogram does not mean you need to become a mammogram expert.

You do not need to read every article, ask every person, or prepare for every possible outcome before you go.

Sometimes the most helpful first step is much simpler:

- Get the practical things in order.
- Know what your clinic asked you to do.
- Give yourself fewer small surprises on the day.

This checklist will help you do that. It will not explain the full appointment room, positioning, compression, mammographer silence, call-backs, or what may happen after in detail. That deeper walkthrough belongs inside the full guide.

But this will help you arrive a little less scattered. And sometimes that matters more than people realise.

FROM ME TO YOU

Real Talk

This checklist helps you prepare the practical things before your first mammogram.

It doesn't replace medical advice, your clinic's instructions, or the full mammographer-led walkthrough inside the guide.

It's here to help you feel a little more organised before you go.

THE FIRST MAMMOGRAM CHECKLIST

CONFIRM YOUR APPOINTMENT DETAILS

CHECK:

- ☐ Date and time
- ☐ Location
- ☐ Where to park or enter
- ☐ Whether you need to arrive early
- ☐ Whether you need a referral/request form from your Health Practitioner
- ☐ Whether your clinic gave you specific preparation instructions
- ☐ How results are usually sent or communicated

SMALL NOTE:

If anything is unclear, phone the imaging centre before your appointment. It is better to ask than sit in the waiting room wondering.

CHECK WHAT YOUR CLINIC ASKED YOU TO AVOID

On the day of your mammogram, your imaging centre may ask you to avoid certain products under your arms or on the breast area.

CHECK YOUR CLINIC'S INSTRUCTIONS ABOUT:

- ☐ Deodorant
- ☐ Antiperspirant
- ☐ Powder
- ☐ Lotion
- ☐ Perfume
- ☐ Creams or body products near the breast area

SMALL NOTE:

If you forget and apply something, don't panic. Tell the receptionist or mammographer when you arrive so they can guide you.

THE FIRST MAMMOGRAM CHECKLIST

CHOOSE CLOTHING THAT MAKES CHANGING EASIER

THINK SIMPLE AND COMFORTABLE:

- ☐ Wear a two-piece outfit if possible
- ☐ Choose a top that is easy to remove
- ☐ Avoid a dress if you would feel uncomfortable undressing more than necessary
- ☐ Bring a cardigan, jacket, or layer if that helps you feel more covered before or after
- ☐ Wear something you do not have to fight with when you are already nervous

SMALL NOTE:

You don't need to dress perfectly. You are just trying to make the day easier for yourself.

BRING WHAT YOUR IMAGING CENTRE ASKED FOR

DEPENDING ON YOUR APPOINTMENT, YOU MAY NEED:

- ☐ Request/referral form
- ☐ Medical aid or insurance details
- ☐ ID or appointment confirmation
- ☐ Previous mammogram or breast imaging reports, if requested
- ☐ Information about breast surgery or implants
- ☐ List of symptoms or concerns, if you have any
- ☐ Doctor's details, if needed

SMALL NOTE:

Every women's breast health centre works a little differently, so your clinic's instructions are your main guide.

THE FIRST MAMMOGRAM CHECKLIST

THINK ABOUT TIMING AND TENDERNESS

On the day of your mammogram, your imaging centre may ask you to avoid certain products under your arms or on the breast area.

THINK SIMPLE AND COMFORTABLE:

- ☐ Are your breasts usually tender before your period?
- ☐ Are they less tender at another time of the month?
- ☐ Did your healthcare provider ask you to go at a specific time?
- ☐ Is this routine, or is there a concern that shouldn't be delayed?

SMALL NOTE:

If your healthcare provider asked you to go because of a specific concern, follow their guidance rather than waiting for a “perfect” time.

*Timing can
make your
experience
more
comfortable.*

QUESTIONS YOU ARE ALLOWED TO ASK

YOU DON'T NEED TO PRETEND YOU ARE FINE

If this is your first mammogram, you are allowed to say so.

You can ask simple process questions.

You can tell your mammographer you are nervous.

You can ask what happens next.

Here are a few sentences you can keep with you:

THINK SIMPLE AND COMFORTABLE:

- ☐ “This is my first mammogram.”
- ☐ “I’m nervous.”
- ☐ “Can you explain what I need to do before you position me?”
- ☐ “How long does the pressure usually last?”
- ☐ “Can I tell you if something feels too much?”
- ☐ “Who will give me my results?”
- ☐ “How will I know if I need follow-up?”
- ☐ “How long does the pressure usually last?”

FROM ME TO YOU

Real Talk

Your mammographer may not be able to answer every medical question in the room, but you’re still allowed to ask about the process.

THE PART A CHECKLIST CAN'T FULLY EXPLAIN

A CHECKLIST CAN HELP YOU PREPARE THE PRACTICAL THINGS.

But it can't fully explain what the room feels like.

It can't:

- walk you through why positioning matters.
- fully explain why compression is used.
- unpack why mammographer silence can feel so loud.
- help you understand what your mammographer is actually focused on while you are worrying about your body.
- properly explain what may happen after the images are taken.

And this is often the part women are most nervous about. Not just what to wear. Not just whether to skip deodorant.

But:

- What will happen to my body in that room?
- Will I know what to do?
- Will I feel exposed?
- Will it hurt?
- Why is she quiet?
- What if they need more images?
- What if they find something?

Those questions deserve more than a rushed answer. They deserve calm context.

That is why I created the full guide:

Your First Mammogram: What Your Mammographer Wants You to Know So You Walk In Calm, Prepared, and In Control

The guide walks you through the appointment from the mammographer side of the room, including what happens before, during, and after your mammogram. It explains the room, positioning, compression, exposure, mammographer silence, results, call-backs, and the questions many women feel too embarrassed to ask out loud.

Not to replace your doctor. Not to diagnose you. Not to promise a result.

But to help you understand the experience before you walk into it.

If you want the full walkthrough before your appointment, you can get the guide here:

Start the Full Mammogram Walkthrough

GENTLE FINAL PAGE

YOU ARE ALLOWED TO WANT MORE THAN RANDOM INFORMATION

You don't need to prepare for your first mammogram from scattered Google searches, scary stories, cold clinic instructions, and your own worst-case thoughts.

This checklist is a calm place to start.

It helps you get the practical things in order before your appointment.

But if what you really want is the full room explained before you walk into it, that is where the full guide comes in.

Your First Mammogram: What Your Mammographer Wants You to Know So You Walk In Calm, Prepared, and In Control was created to walk you through the appointment from the mammographer side of the room.

Not as medical advice.

Not as a diagnosis.

Not as a promise of a result.

But as calm, practical preparation for the woman who does not want to walk in blind.

Inside the guide, you will understand:

- What to expect before your appointment
- What happens when you arrive
- Why compression is used
- What positioning is for
- What may feel awkward
- What your mammographer is focused on
- What she usually can and cannot tell you
- Why silence in the room can feel loud
- What may happen after the images are taken
- What callbacks or extra images can mean

You don't need to walk in fearless. You just deserve to walk in less blind.

When you are ready for the full walkthrough, start with the guide here:

[Get the First Mammogram Guide](#)