



PRE-APPOINTMENT CHECKLIST

Before Your MRI or Mammogram

Print this page or keep it on your phone. General information only — always follow the specific instructions given by your hospital or clinic.

• For a Mammogram

- ☐ No deodorant, antiperspirant, powder or lotion under arms or on chest
Aluminium in these products can appear as white specks resembling calcifications on the X-ray.
 - ☐ No perfume or body spray near the chest area
 - ☐ Wear a two-piece outfit (top and bottoms, not a dress)
You'll need to undress from the waist up for the scan.
 - ☐ Bring a list of any previous mammogram locations/dates if known
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• For an MRI Scan

- ☐ No deodorant, antiperspirant, lotion, or metallic-pigment makeup
Aluminium and other metals can interact with the scanner's magnetic field.
- ☐ Remove all jewellery, watches, piercings and hair clips
- ☐ Wear clothing with no metal zips, clasps, or buttons if possible
You may be asked to change into a gown regardless.
- ☐ Tell staff about any implants, pacemakers, or metal fragments in your body
- ☐ Follow any separate fasting or hydration instructions given for your specific scan



If You Forget

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Don't worry — this is common

Staff can usually provide a wipe or ask you to wash the area with soap and water.

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Mention it to staff as soon as you arrive

This is far easier to sort out before the scan starts than during it.

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Appointments are very rarely rescheduled for this alone



After Your Appointment

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You can reapply deodorant immediately afterwards

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Consider bringing a travel-size deodorant to apply once you leave



Quick Reference: Why Deodorant Is Restricted

Mammogram:

Aluminium in deodorant is radiodense (absorbs X-rays) and can appear as bright white specks that closely resemble breast calcifications, potentially causing a false positive.

MRI:

Metal particles can interact with the scanner's strong magnetic field, potentially affecting image quality and, in rare cases, causing localised heating or skin irritation.

Important:

This checklist is general information, not medical advice. Always follow the specific pre-appointment instructions given by the hospital or clinic carrying out your scan.