



Questions to Ask Before and After Your Mammogram

A helpful guide from Concordia Plan Services. Print this, write yourself notes and bring it with you to your mammogram screening.

Before the appointment

- ☐ What family history should I be prepared to share?
- ☐ Is this a preventive or diagnostic screening?
- ☐ What should I expect during the appointment?
- ☐ How should I prepare (e.g., avoiding deodorant, lotion or powder)?
- ☐ When and how will I receive my results?

Notes

Use this space to jot down anything you want to be sure to ask before your appointment, when you arrive or during your screening.

After the appointment

- ☐ What do my results mean?
- ☐ Do I need a follow-up, and when?
- ☐ What type of follow-up exam might I need – another mammogram, ultrasound or something else?
- ☐ Who do I contact with questions about my screening?
- ☐ If a follow-up is needed, how is it covered by my insurance?
- ☐ Who do I contact with questions about my coverage?

Notes

Use this space to jot down anything you want to remember from your appointment – questions you asked, what your care team told you or next steps.

Learn more about breast care at ConcordiaPlans.org/WomensHealth

Created to Care for You

Sources:

American Cancer Society (cancer.org) · Susan G. Komen (komen.org)
Johns Hopkins Medicine (hopkinsmedicine.org)