

Breast Assessment Checklist

Preparing for your appointment



Arrange for someone to come with you



Don't wear deodorant or any glitter/shimmer



Eat and drink as normal – no need to fast



Wear separate top and bottoms. Leave jewellery at home

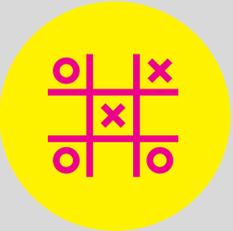
Things to take with you



Take your medications with you, or make a note of the **names and dosages**.



A **pen and paper** in case you need to remember anything your clinician tells you.



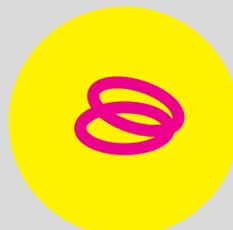
Something to do; **you could be there for 4-5 hours**, so take a book, puzzle, or something to pass the time.



Some **handy wipes** if you are self-conscious about not wearing deodorant.



Take yourself some **water and a snack** if you think you'll be peckish.



Hair bobbles or a hair clip if you have long hair that could get in the way.

You will be in great hands with your expert breast team, but it is natural to be nervous. Speak to your breast care nurse about any and all concerns you have.



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Patient centred people