

## **Instructions for mammogram (乳房 X 光检验前的准备)**

1. On the day of appointment, please arrive 15 minutes early and bring along your NRIC for registration. Your appointment may need to be rescheduled if you are late.

乳房 X 光检验当日，请提早 15 分钟到达并携带您的身份证登记。如果您迟到，您的乳房 X 光检验或需要重新安排。

2. Do not use any powder, perfume, deodorant or ointment on your underarms or breasts.

请勿在腋下或乳房上使用任何爽身粉，香水，除臭剂或软膏。

3. Wear a two-piece outfit as you will need to undress from the waist up.

请穿两件式衣服，因为您需要脱上半身的衣服。

4. Mammogram is a non-fasting procedure.

乳房 X 光检验是非空腹检查。