Below are eligibility guidelines to consider for your screening mammogram:

- You must be at least 35 years old
- Your last mammogram was more than one year ago
- You are not pregnant or breastfeeding
- You do not have breast implants and do not have breast issues (such as a lump or discharge) from your nipple area
- You can climb stairs and stand for 10-15 minutes without help
- You have seen a gynecologist, primary care doctor or internist within the last year who is willing to accept your screening results
- If you’ve had a unilateral mastectomy or benign lumpectomy, you should be cancer-free for 5 years
- If you are age 30-34 and have a mother or sister who was diagnosed with breast cancer before age 40, then our “10-year rule” applies. For example, with a first-degree relative diagnosed at age 42, your eligibility begins at age 32.
- You do not have an on-body injector (OBI)

Please follow these instructions to prepare for your scheduled screening:

- Wear a two-piece outfit
- Do not apply lotion or powder to the breast or underarm area
- Please do not wear perfume or deodorant
- Remember to bring your insurance card (if applicable) and a form of picture identification (ID) listed below:
  - State/Federal Government-issued document with photo
  - US visa
  - US Passport
  - Employer-issued photo ID/badge
  - School-issued photo ID/badge

Appointment registration takes approximately 10 minutes or less. Please have your insurance card, doctor’s name, address and phone number available at the time of your call.

We offer two options for registration and scheduling:
1) Call our scheduling line at 713-745-4000.
2) Fax your patient questionnaire to 832-750-7001. Please complete all fields and allow up to 24 hours for us to contact you.

Regarding COVID-19 vaccinations:

- If you are vaccinated: you will be asked the questions below at the time of your check-in. Our radiologists will include your responses on your report in case additional imaging is recommended due to swollen lymph nodes:
  - Have you had a COVID-19 vaccination in the last three months? If yes, which type?
  - What was the date of your vaccination(s)?
  - Left or right arm?
- If you have not been vaccinated: we suggest either have your mammogram first or waiting at least six weeks after receiving your final dose of the COVID-19 vaccination before receiving your mammogram.
- Learn more at mdanderson.org/vaccine

Thank you again for choosing MD Anderson’s Mobile Mammography Program.