



Instructions for your Appointment

Please bring your questionnaire filled out. If you can't fill it out before your appointment, please let the office know and arrive 15 minutes early so we can have a copy ready for you to fill out.

Requirements:

- No Chemotherapy or radiation treatments three months before your imaging.
- No breast biopsy for three months prior.

24 hours before your appointment:

- Avoid exercise, swimming or heavy physical activity.
- No massage or lymph treatments.
- No chiropractic adjustments.
- No saunas, steam baths or hot tubs, sunbathing.
- No hot or cold packs.

Day of Exam:

- Avoid heavy make-up. Oil-based products on the body will affect accurate detection by the camera.
- No hot shower within 4 hours of imaging.
- Avoid deodorant or creams on the skin, especially oils.
- No sunburn or sunbathing- you will have to reschedule.
- Do not shave the area to be imaged.
- For head imaging, do not eat for at least 2 hours prior.
- No gum chewing, hot or cold drinks. You may have room temperature water.
- Avoid A/C in the car blowing directly on you.
- No jewelry. You will be asked to remove all jewelry in the area to be imaged.