



Special Instructions for your imaging

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:

- Men- Please wear underwear.
- 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.
- 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.