



**\*\*\*Special Instructions for your imaging\*\*\***

- No breast surgery, chemotherapy or radiation treatments **3 months prior** to your imaging.
- No breast biopsy for one month prior.
- Lactation: Imaging is recommended if there is a problem or concern. However, a baseline is not recommended for at least 3 months after the last active breastfeeding.

**\*\*\*24 hours prior to your appointment\*\*\***

- Avoid exercise or heavy physical activity.
- No massage or lymph treatments.
- No chiropractic adjustments.
- No saunas, steam baths or hot tubs.
- 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 showers within 4 hours of imaging.
- Avoid deodorant or creams on the skin, especially oils.
- No heat lamps or sunburn - you will have to reschedule
- Do not shave area to be imaged.
- For head imaging, do not eat for at least 2 hours prior.
- No gum chewing.
- Avoid A/C in the car blowing directly on the patient.