



## Pre-Appointment Client Preparation

### Special Instructions

- No breast surgery, chemotherapy or radiation treatments in the 3 months prior to your imaging.
- No breast biopsy in the 30 days prior to your imaging.
- 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 Before Appointment

- Avoid vigorous exercise or heavy physical activity. Your morning walk is OK; Weight lifting is not.
- No massage, lymph treatments or acupuncture.
- No chiropractic adjustments.
- No saunas, steam baths or hot tubs.
- No hot or cold packs.

### Day of Appointment

- Avoid applying heavy make-up, oil-based lotions/creams, deodorants, or essential oils. These products on the body will affect accurate detection by the camera.
- Do not shave near area(s) to be imaged, especially the underarms.
- No hot showers within 4 hours of imaging.
- No heat lamps and avoid sun exposure.
- For head/neck imaging, do not eat or drink hot beverages for at least 2 hours prior to imaging.
- Do not smoke for 2 hours prior to imaging.
- Do not chew gum for 3 hours prior to imaging.
- Please consider limiting the amount of jewelry you wear as you will be asked to remove all jewelry in the area to be imaged.
- Please bring a hair band or tie to secure your hair up above your shoulders, if necessary.
- Please keep your car cool and redirect air vents away from your body.

Please either email us your completed questionnaire before your scheduled appointment or bring the completed questionnaire with you.