



PREPARATION CHECK LIST:

- Do not wear restrictive clothing - such as a bra - to the exam,
- Tie your hair up and do not wear jewelry (just for the imaging),
- No prolonged sun exposure (especially sunburn) to the areas being imaged 5 days prior to your exam,
- No use of lotions, creams, powders, or makeup on the areas being imaged the day of the exam,
- No use of deodorants or antiperspirants the day of your exam, (Not applicable if only doing Facial-Thyroid-Dental exam)
- No physical stimulation (sexual or otherwise) or treatment of the breasts for 24 hours before the exam, (For breast exam only)
- No exercise 4 hours prior to your exam,
- No shaving of areas being imaged (including under arms for Breast Exam) on the day of the exam to avoid skin abrasions, (MEN: please have shaven face for Facial-Thyroid-Dental Exam; shave day before)
- If bathing, it must be no closer than 1 hour before the exam,
- No smoking at least 1 hour before imaging, and,
- No Hot or Cold drinks 1 hour prior to imaging.

NOTE:

- During the examination, you will go into a private room and disrobe (For Breast Exam, from the waist up; for Full Body Exam, complete disrobing) for both imaging and to allow for the surface temperature of the body to acclimate to the room temperature.
- All jewelry, piercings, and any adhesives (plasters, etc.) must be removed from areas being imaged, before imaging, without leaving marks.
- A female technician will take your images.