



PRE-EXAMINATION PROTOCOLS

Before your exam:

- Avoid sunbathing or artificial tanning for 5 days prior to the examination
- Do not shave the armpits for 24 hours prior to the examination
- Avoid physical stimulation of the body such as massage, acupuncture, sexual activity, physical therapy, hot or cold pack use or chiropractic treatments for 24 hours before the exam.

The day of your exam:

- Avoid exercise for 4 hours prior to the exam
- Avoid taking pain medications for 4 hours prior to the exam
- Do not smoke for 2 hours before the exam
- Do not take a hot shower or bath within 1 hour prior to the exam
- Do not use lotions, powder or anything else on the area to be imaged
- Do not use deodorant or anti-perspirant
- Do not nurse sooner than 1 hour before the exam.

Please bring with you:

- List of medications you are taking
- Any prior examination reports that describe a finding you are concerned about.