



Patient Preparation

3 months prior:

No major breast surgery

No chemotherapy or radiation

Cease lactation and breast feeding

1 month prior:

No minor breast surgery (biopsy)

1 week prior:

Avoid tanning or sunburn

24 hours prior:

Avoid exercise, massage, acupuncture or chiropractic adjustment

Refrain from steam room, sauna, hot or cold packs

Avoid sitting in a hot tub

Reschedule if you experience a significant fever

Day of the exam:

Do not shave under arms

Avoid using deodorant or creams on the area to be imaged

Do not wear any jewelry to appointment. (Exception- rings that won't come off fingers.)

Hair must be on top of head during exam - bring hair clip.

2 Hours before the exam:

Refrain from tobacco or coffee use

Avoid hot or cold liquids

Refrain from exercise, bathing or showering

Avoid eating or chewing gum if we are imaging your head and neck

During the exam:

Breast Scan: You will be asked to take off your blouse & bra. You will not be given a gown - - this test requires that your body is cool. The gown would hold the heat in your body, which could result in a false test. For this test you will have your hands on top of your head.

Whole Body Scan: You will be asked to take off all of your clothing except for your underwear. You will not be given a gown - - this test requires that your body is cool. The gown would hold the heat in your body, which could result in a false test. We will scan your body from head to toe. During the exam you will be asked on several images to lower the underwear to expose the entire abdominal and spinal area.