

## FULL BODY PREP INSTRUCTIONS

1. Bring the completed forms to your appointment. There should be 5 pages.
2. Once you shower either the night before or morning of your appointment, do not put anything on your skin. This means NO LOTIONS, NO MAKE-UP, NO UNDER ARM DEODORANT. Nothing at all on your skin, anywhere on your body. You can use eye make-up and lipstick.
3. NO EXERCISE for three hours before your appointment.
4. Eating is fine, there are no eating restrictions.
5. Please wait at least 4 weeks after having a biopsy lumpectomy and 12 weeks after surgical procedures.
6. Please wait at least 4 weeks past breast feeding.