



ICIM Medics Breast Assessment

Protocols and Recommendations

For increased precision and optimal analysis please be attentive to the following preparation instruction pointers for your ICIM Medics Breast Assessment.

1. If you have had surgery, completed a course of chemotherapy or radiation therapy please contact our doctor. In some cases it is necessary to wait (3) months before having the Breast assessment.
2. If you have used any natural or artificial tanning on your skin you must wait for seven (7) days before screening.
3. If you have had any significant fevers you must wait at least thirty-six (36) hours before the assessment.
4. If you have had any clinical physical stimulation, examination or compression of the body (especially the chest and upper back) you may need to wait for 5 days before the assessment.
5. If you have had a sauna, steam-room or hot/cold packs in contact with the body, wait at least twenty-four (24) hours before the assessment.
6. You are asked not to shave your underarms or use any skin creams, lotions, deodorants or powders on the skin or underarms on the day of the assessment.
7. You are asked to refrain from exercise, bathing or showering for four (4) hours prior the assessment.
8. You are asked to refrain from any tobacco use, caffeinated coffee or tea consumption for two (2) hours prior to the assessment.
9. You are asked to arrive 20 minutes prior to your Breast assessment in order to acclimate from outside environmental temperature extremes.
10. Wear loose clothing the day of the assessment.
11. You should not wear the bra for at least 12 hours prior the assessment.
12. Avoid strong drugs 2-3 hours before the assessment.
13. The optimal dates for the breast assessment are 10-15 days after the first day of the last menstrual cycle.