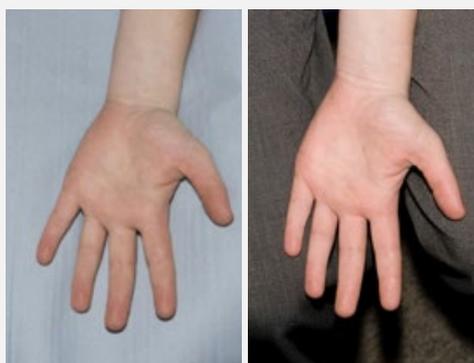


A guide to taking the best photographs for your Doctor

GETTING READY

- It's often easier for someone else (e.g. a family member or friend), to take the photo for you
- Ensure your camera lens is clean
- Remove any dry skin or crust that comes away easily or any make up
- Be prepared to take a number of photos, only sending those that show the lesion on screen as, or as close to how, it looks in real life

CLEAR BACKGROUND UNCLEAR BACKGROUND

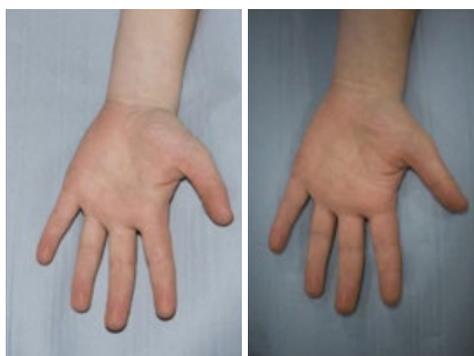


1. BACKGROUND

- Find a plain background, with no distracting patterns
- Choose a colour to provide best contrast with the colour of the skin
- The background should, if possible, be in contact with the part of the body to be photographed so that there is no shadow

FLASH ON

FLASH OFF



2. LIGHTING

- Find a space with good overhead or natural lighting, a bright outdoor setting is ideal
- Avoid direct sunlight
- Otherwise a lamp or torch above the area to be photographed can help to light it up
- Consider using the flash on your phone
- The light source should be above the image, never behind
- It can be to the side for the close up as this can highlight texture
- Ensure the light across the image is even and there are no shadows cast across it

3. ORIENTATION PHOTO



- Take one photo from further away then a close up
- This gives an idea of where and how big the lesion or rash is
- This mole is on the leg and the ruler shows clearly the size
- If you don't have a ruler to hand you might use something like a coin to give an idea of size



4. TAKE MORE THAN ONE PHOTO

- Take a photo of both the larger problem area as with this rash and then closer up to show one spot in more detail
- Take more than one close-up if some look different
- Include all those areas or lesions of concern
- This first photo shows the lesion is on the thumb and a ruler is used to show the size
- Then there is a close-up image and another taken from the side to show the lesion is raised

OUT OF FOCUS



IN FOCUS



5. A CLEAR-CUT IMAGE

- Ensure whatever is being photographed and the camera are as still as possible, resting on something if need be
- Most phone cameras have autofocus; touch the area on the screen you want to focus on
- You may need to wait a moment or two to allow the camera to focus
- You may need to move further away and zoom in

6. DOUBLE CHECK your photos before sending and please read our [Practice Information](#) regarding the use of clinical photography before sending.

7. CONSENT AND SHARING

- By sending photos to us you are giving us permission to use them to guide diagnosis and care
- They will normally be saved to your medical record within our General Practice system
- We may share them with specialist colleagues if their advice is required
- In this case we may also share information such as name, NHS number, date of birth, age, gender and any health problems that may be relevant in addressing the problem you have presented with
- Our specialist colleagues may request that we book you an appointment with them
- The information will only be seen by Practice staff who are trained in confidentiality and Specialists if we require their input in best managing your condition
- If for any reason you are not happy for us to save or share your photos as explained above, please contact us to discuss this before sending them

Please send your photos to your doctor as they have instructed.

We would like to thank NHS Dorset CCG and University Hospitals Bristol NHS Foundation Trust for their kind permission to use photos which we have included in this guide.