



## How to take a photograph of your skin problem

### Before you start

- Check that your camera lens is clean. It's best to use a smartphone or ipad camera.
- Find an assistant. It's much better if someone else takes the photo.
- Move to a bright area with lots of natural light. Ideally, don't use artificial light.
- Position your assistant so that they do not cast a shadow over the area being photographed.

### Taking the photo

- When taking a photo with a phone camera the optimum distance is about 30cm (12in). Don't get too close as otherwise focus will be lost.
- On most phones, if you touch the screen over where the lesion is it will focus on the area of interest.
- Take lots of photos and check that the skin lesion is clearly visible and focussed, as if you were looking at it in real life. If not, try again.

### Sending the photo

- During your phone consultation, the GP or nurse will send you a text with a link to attach the photo – 1 photo per text.
  - If you are sending by email, please put your name and date of birth in title and the name of the clinician who has requested the photo.
  - Please do not email in photos without having had a phone consultation first.
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