

Patient Guide to taking Medical Photographs.

1. Remove make-up and ensure nothing is obscuring the area of interest.
2. If possible set your camera or phone to take pictures at the highest quality.
3. Use a plain background such as a plain wall – Avoid distracting backgrounds if possible.
4. Position yourself in good light, preferably in shade. Avoid direct sunlight. If taking pictures inside, avoid having a window behind the subject.
5. In addition to taking close-ups, take a general view which includes the area of interest.
6. For close-ups, place a ruler or British coin next to, but not covering the area of interest.
7. Hold the camera steady to ensure the picture is in focus.
8. If close ups are blurred, try moving the camera a few inches away until image is in focus. You can also try the flower setting or other close up mode if your mobile phone or camera has one. For example:



9. Please don't resize or retouch your images. Send them, with your name, date of birth and DIS number (District/Hospital Number) to:
peh-tr.PCHMedicalPhotography@nhs.net

The next three pages show examples of good and bad photographs.

Good Example Images.



General View



Close-up View

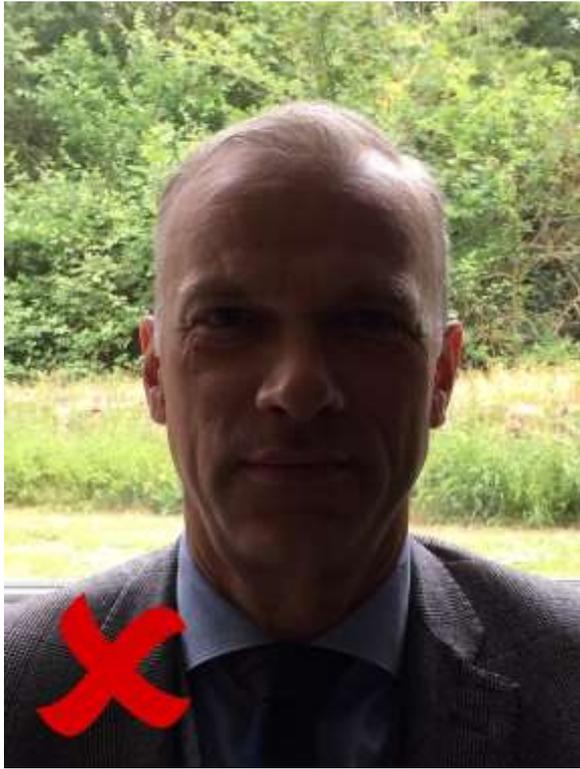


General View



Close-up View

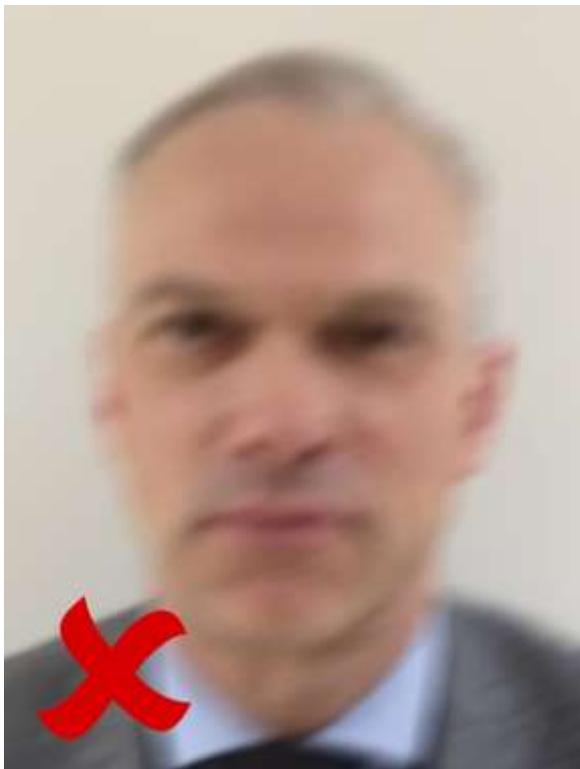
Do's & Don't's.



Backlit subject in front of a window.



Distracting background & subject too far from camera.



Blurred picture from camera shaking.
Hold camera steady.
Taking picture in brighter light may help.



Plain background. Well lit subject.



Blurred close up. Try moving further away from subject.



Good close up. In focus. Well lit.