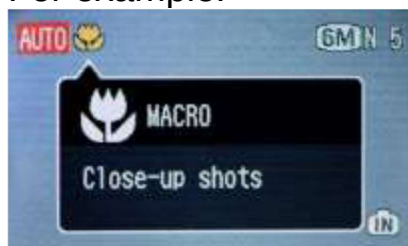# Patient Guide to taking Medical Photographs.
For patients of Crosshouse Medical Practice

Before submitting photographs via our Secure Patient Upload section we would like to provide you with the following advice on taking your photographs to ensure they are suitable for medical use.

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.

Good Example Images.
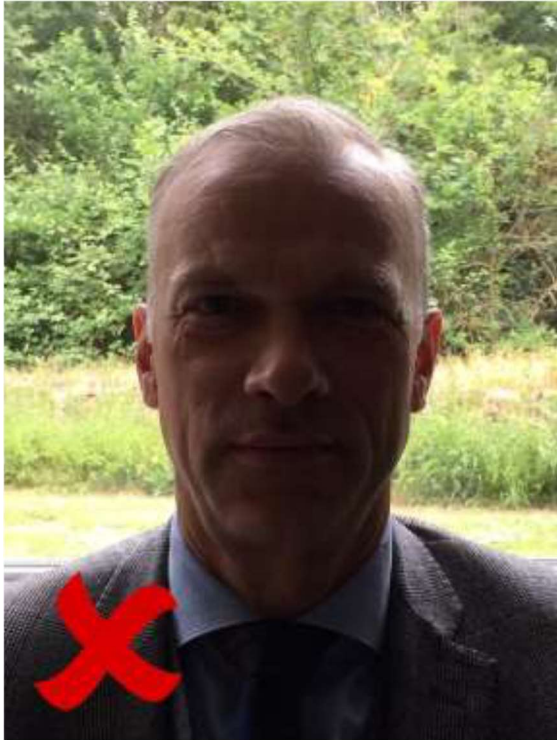

General View

Close-up View
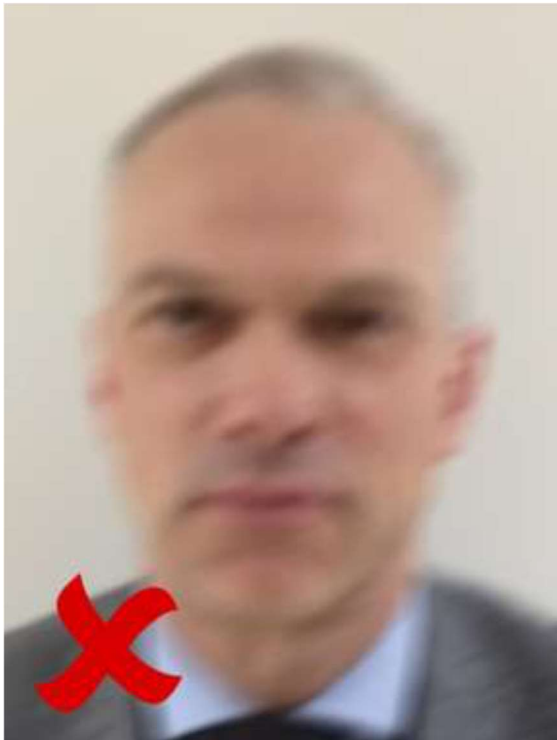

General View

Close-up View

Dos & Don'ts.

Backlit subject in front of a window.

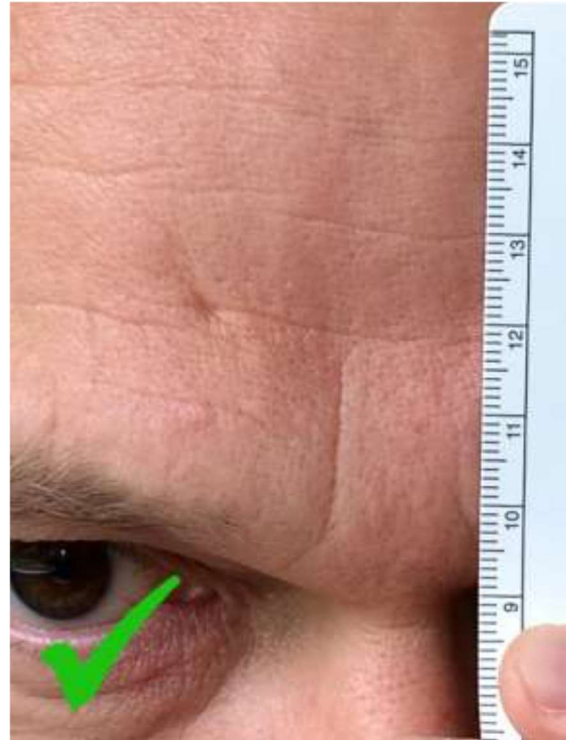Distracting background & subject too far from camera.

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.