# How to take a picture for tongue diagnosis

**Step 1:** Find a spot filled with plenty of good natural light such as near a window

**Step 2**: Open your mouth wide and let your whole tongue fall out of the mouth without pointing the tip

**Step 3**: Take a few pictures of your tongue showing the tip, side and the back of the tongue

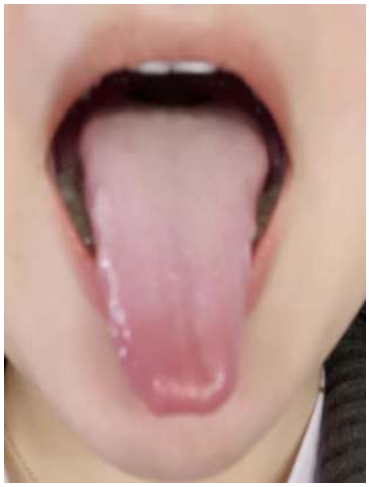
**Step 4**: Roll your tongue up (preferably inside your mouth) and take a picture of the underside of your tongue. Pay attention not to press the tongue down

**Step 5**: select one/two high resolution pictures that is/are closest to how you can see your tongue in the mirror

Note:

1. Try to keep the tongue as relaxed as possible
2. Do not scrape your tongue before taking pictures
3. Take pictures within seconds of your tongue out of the mouth so it doesn't dry up or change colour
4. If you are taking a picture outside, please select a picture that doesn't have a reflection of the sun (which can make the tongue look shiny)

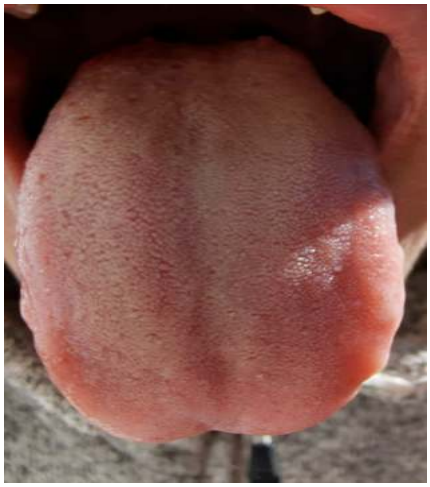
## Examples



✘ Picture is blurred



✘ Root of the tongue is hidden, need to open mouth wide to show the full tongue



✘ Picture is in shade, needs to reposition to catch more light



✘ Picture is blurred and doesn't show the top of the tongue



✔ Good clear picture of the tongue showing full body, tongue coat and the root of the tongue



✔ Good clear picture under the tongue

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