

# Patient Preparation Sheet

## Full Body or Region of Interest Health Screening with Clinical Thermography

### Purpose of Test

- Determine the cause of pain
- Evaluate sensory-nerve irritation or significant soft-tissue injury
- To define a previously diagnosed injury or condition
- To identify an abnormal area for further diagnostic testing
- For early detection of lesions
  - To monitor progress of healing and rehabilitation
  - To provide objective evidence

### Patient Preparation

Prior to your appointment **Do Not** (on the day of)

- have physical therapy or electromyography
- use a tanning bed and avoid overexposure to the sun
- smoke for 2 hours before the test
- use lotions, powders, antiperspirants, or makeup (head scan)
- have strenuous exercise
- shave part of your body being scanned
- perform skin brushing
- use essential oils
- have body work done (massage, etc)
- have kidney dialysis
- have acupuncture treatment 3 days prior
- have surgery 3 months prior
- have radiation therapy 6 months prior

No changes necessary to diet or medication

### General Information

Procedure- Non-invasive, no contact, no radiation, and FDA Approved

Disrobing- Remove all clothing and jewelry. Put on a gown or sarong supplied.

#### Thermography

- Performed by a certified clinical thermographer and is completely private
- No risks or side effects
- Average appointment time is 30 minutes for 1 or 2 body regions, and 1 hour for half or full body
- Bring your healthcare providers complete name and address if you want a copy of report mailed to him/her

**You are welcome to bring a companion or partner to be present during the scan.**