

Preparation Instructions for Thermography

Thermography is infrared photography and heat sensitive only.
NO CONTACT, NO PAIN and NO RADIATION

Your body must be as neutral as possible to insure valid results.

<p>PLEASE NOTIFY US: if you had surgery, chemotherapy or radiation in the past 3 months, we may need to adjust your appointment for optimal results. Do you have any physical limitations or disabilities we should know about?</p>	
15 days	<u>CLEAR OF</u> new tattoos or removed tattoos.
5 days before	<u>NO</u> natural or artificial tanning of any areas to be imaged. <u>NO</u> sunburns or peels of any areas to be imaged.
24 hours before	If you get a significant fever (over 101°F), please call to reschedule.
	<u>DO NOT</u> shave areas to be imaged within 24 hours (under arms-etc.). <u>DO NOT</u> use a saunas or steam-rooms. <u>DO NOT</u> use hot/cold packs directly contacting the breasts.
	<u>NO</u> self or Clinical Breast examinations <u>NO</u> Acupuncture, Chiropractic or Physical Therapy. <u>NO</u> physical manipulation or compression of any areas to be examined. <u>NO</u> ultrasound therapy or use of TENS (electrical stimulation). <u>NO</u> Ultrasound, X-Ray, Mammograms, MRI, CT or PET scans

On The Day of Your Appointment

<p><u>NO</u> powders on your breast/chest or underarms. <u>NO</u> deodorants, skin creams, lotions, or perfumes. <u>WEAR</u> loose fitting garments prior to exam (women –no bras). <u>REMOVE</u> all jewelry specific to areas being imaged <u>IF NURSING</u>, please complete 30 minutes before the exam. <u>DO NOT BRING</u> babies/children to the office, as it will affect the outcome of your exam.</p>	
6 hours before exam	<u>NO</u> energy drinks or bars <u>NO</u> pain medications or aspirin. <u>NOTIFY</u> the staff if you have taken medications (blood pressure, alpha-blocker, circulation, anti-coagulants, aspirin or pain medication). <u>CHECK</u> with your doctor if changes to your schedule can be made.
2-3 hours before exam	<u>DO NOT</u> Shower or bathe less than 3 hours before your exam. <u>NO</u> food or beverages (room temperature water only). <u>NO</u> smoking, vaping, chewing tobacco, chewing gum or mints/candies.

Please arrive early, allow extra time for traffic delays. Call the office where you scheduled your appointment at least 48 hours in advance for any appointment changes to avoid a missed appointment fee of \$50 per instance. Check your email or text messages to contact your technician in case of a delay or an emergency.