THERMOGRAPHY EXAM PREPARATION INSTRUCTIONS

Please review the pre-exam instructions and **follow the ones that apply to the scan you will be having.** These are important for testing accuracy.

3 MONTHS PRIOR TO EXAM

- No surgeries to area scanning including breast biopsy. Please include this history on your intake form.
- No breast feeding

6 WEEKS PRIOR TO EXAM

- No COVID or other vaccines/boosters
- No CoolSculpting procedures
- No minor breast surgery, i.e. biopsy.

5 DAYS PRIOR TO EXAM

- No prolonged sun exposure to breasts or any other body part you are scanning.

2 DAYS PRIOR TO EXAM

- Avoid all tanning and limit sun exposure.
- Men- shave your face, neck and back (if you have a lot of hair)

24 HOURS PRIOR TO EXAM

- No chiropractic, acupuncture, massage, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use.
- No saunas, steam baths, hot tubs, heating pads, hot water bottles or cold plunging.
- No analgesic creams or balms
- No shaving or waxing.
- No physical stimulation of the breasts
- No alcohol.

4 HOURS PRIOR TO EXAM

- Avoid exercise.
- Avoid coffee, tea, soda or other caffeine beverages
- Avoid smoking
- Please avoid taking any pain medications. That said, please consult with your prescribing physician for his or her consult before making a change in medication. If you are not able to sustain from taking pain medication prior to your scan please let your thermographer know.

1-2 HOURS PRIOR TO EXAM

- Avoid bathing
- Avoid drinking hot or cold beverages
- If imaging the face, refrain from excessive chewing.
- Avoid using a cell phone at your ear.
- No seat warmers or seat fans
- Avoid sitting ***directly in the air flow*** of air conditioning, heat or room air fan in a car or other environment.

DAY OF EXAM

- No deodorant, antiperspirant, lotion or cream. It doesn't matter if it's a natural product.
- Best to wear loose fitting clothes to your appointment.
- FULL & HALF BODY THERMOGRAPHY: best to wear as tiny and loose fitting underwear as possible. You can also scan without underwear.

In addition;

- If you have recent test (e.g., mammograms, ultrasounds, or biopsies) results, please bring a copy. Especially if there were any findings.
- If your hair hangs to or below your shoulders please bring a hair accessory to tie it up with.
- If doing a half or full body scan please bring a hair accessory that will also keep your hair off your forehead.
- Surgical procedures, such as implants, reductions, and biopsies, do not interfere with infrared imaging.