

Spokane Thermal Imaging

Patient Preparation Checklist



It is crucial that you follow these restrictions to achieve accurate results from your thermal scan.

- * No prolonged sun exposure (especially sunburn) to the body area being imaged for five days prior to your exam.
- * Avoid a strenuous workout, exercise or weight training for 24 hours prior to your test. No sexual activity for 24 hours prior.
- * If you are nursing, please try to nurse as far from one hour prior to the exam as possible.
- * Do not use a car seat heater while travelling to your thermal imaging appointment.
- * No physical therapy, massage, EMS, TENS, ultrasound treatment, acupuncture, chiropractic, physical/sexual stimulation, hot or cold pack use for 24 hours before your exam.
- * Do not use lotions, powder, deodorant, antiperspirant, perfume, scented products, make up, or anything topical on the body area to be imaged the day of your exam. Our clinic has a **NO CHEMICALS/NO SCENTS** policy
- * If any areas of the body (as included in the images) are to be shaved, this should be done the evening before the exam. Do **NOT** shave under your arms the day of your exam.
- * Allow at least 4 hours after a hot shower, hydrotherapy, hot tub or sauna.
- * Do not smoke or have any caffeine for 2 hours prior to your exam.
- * If bathing, it must be no closer than 1 hour before your exam.
- * If not contraindicated by your doctor, avoid the use of pain medications the day of your exam. You must consult with your doctor prior to any change of medication.
- * If you have had any medical procedure within the past 12 weeks, please notify our office before coming in for your appointment.
- * Let the technician know if you have had any recent skin lesions or blunt trauma to the area to be scanned.

Please note: For breast exams you will be asked to disrobe from the waist up.