

## Patient instructions for medical thermal imaging

BEFORE you arrive for your scheduled appointment, important PROTOCOLS MUST BE FOLLOWED in order to ensure that your images reflect accurate information. Please read the following instructions and adhere to them;

- No prolonged sun exposure or sunburns to the body areas being imaged **5 days prior to the exam.**
- No use of deodorants, lotions, oils, creams, powders, or makeup for full body or upper body scans **on the day of the exam.**
- No shaving or other hair removal of the areas to be imaged **on the day of the exam.**
- No treatment (chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use, sauna or steam room) or physical stimulation of the areas to be imaged **within 24 hours before the exam.**
- No exercise **on the day of the exam.**
- No showering 2 hours before the exam. No hot saunas or baths **within 24 hours before the exam.**
- No use of any drugs or pain medications **within 4 hours prior to your scan.** If necessary, consult with the prescribing physician for their consent prior to any change in use of medication(s).
- Wait at least 4 weeks after having a needle biopsy of the breast.
- Wait at least 8 weeks after having a lumpectomy or surgical biopsy of the breast before a thermogram scan can be performed.
- If you have had any medical procedures or a surgery within the last 3 months, please notify us before coming in for your appointment.

If you are scheduled for a breast thermogram, the same protocols above apply along with no physical stimulation of the breasts for 24 hours before the exam. If you are nursing, please try to nurse as far from 1 hour prior to your thermogram as possible.

**Please note:** During your appointment, you will disrobe and put on a gown in a private room (from the waist up for breast & upper body scans) No bras, belts, or elastic can be against the body 15 minutes prior to your scan. This is to allow for the surface temperature of the body to equilibrate with the room. A female technician is provided for all female patients.

If you have any questions, don't hesitate to call the office at (702) 825-3505.