

# THERMOGRAPHY OF MIAMI, LLC

## Patient Preparation Sheet/Breast

### **Purpose of test:**

Early detection of abnormal changes in the breasts, which may require further diagnostic testing. A screening baseline cannot be acquired while pregnant or lactating (wait 3 mos post lactation). Two sets of images 90 days apart are required for a baseline study of the breast.

### **Patient Preparation:**

Prior to your appointment do not (on the day of):

- have physical therapy or electromyography
- use a tanning booth and avoid overexposure to the sun
- have strenuous exercise
- smoke for 2 hours
- shave your underarms or use lotions, powders, antiperspirants, therapeutic essential oils or makeup on the chest area
- do skin brushing
- have kidney dialysis

Do not have body work 2 days prior. Do not have acupuncture treatment 3 days prior. Wait 3 **mos.** post surgery, radiation therapy, and chemotherapy before scheduling appt. Wait 3 **mos.** post lactation.

**Attire** – Loose fitting clothes and no jewelry around the neck. If your hair falls below your neck, please clip it up.

No changes necessary for diet or medication.

### **General Information**

**Procedure** is non-invasive, no-contact, private, no radiation.

**Disrobing** – remove all upper body clothing and jewelry. Put on a gown supplied. Inform your thermographer if you had any recent skin lesions on your breast; the inflammation may cause a false positive result.

Thermography is performed by a female certified clinical thermographer and is completely private. There are no risks and no side effects. Average time for the appointment is 30 minutes. Please bring your healthcare provider's name and address if you want a copy of your report and scans mailed to him/her.

We gladly accept personal check, cash, Visa or MC for payment.

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