

THERMOGRAPHY OF MIAMI, LLC

PATIENT PREPARATION SHEET

Preparation for your scan is simple but extremely important. There are no dietary or medical restrictions.

For several days preceding your appointment, please avoid

- Prolonged exposure to the sun
- Sunburn
- Tanning beds
- Tattoos

On the day of your appointment, please avoid the following:

- Acupuncture, massage, chiropractic adjustments, physical therapy (may be scheduled following your thermography appointment)
- The application of deodorants, antiperspirants, lotions, creams, liniments, powders, cosmetics or perfumes to all relevant areas of the body
- Shaving (please do so the day before your appointment)

Two hours prior to your appointment, please avoid the following:

- Smoking
- Caffeine
- Alcohol
- Vigorous exercise
- Hot shower

What to Wear: Please wear loose fitting clothing the day of your appointment. Scanning will be delayed until skin impressions or irritations from tightly fitting clothing have dissipated. Women should avoid wearing an underwire bra on the day of their breast scan. Arrive a few minutes early to your appointment. You will be disrobing down to underwear for a full body scan or from the waist up for a breast scan. Speedo type undergarments, thongs, or briefs are best during full body scanning. Remove all jewelry. Long hair should be pinned up.

The exam: You will be given a sarong to change into while you acclimate to the ambient temperature of the examination room. If you have not already filled out a medical history questionnaire, you will fill it out at this time. The thermographer will review your medical history and demonstrate the required views and positioning necessary for your

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exam. Obtaining a thermographic image is like having your picture taken. There is no direct contact between you and the camera. There is no radiation, no injection, nothing to drink. An exam typically takes between 30-60 minutes to perform.

The report: A color printed report and images are generally available within two business days. Two copies of your printed report will be mailed to directly to you if you are self-referred and/or to your referring healthcare provider. The MD who interprets your images has been trained and certified to interpret thermograms by the American College of Clinical Thermography.