



Welcome to our center. Before you arrive for your breast thermographic examination, certain protocols must be followed in order to ensure that your images reflect accurate information. Please read the following instructions and adhere to them as closely as possible.

- No prolonged sun exposure (especially sunburn) to the body areas being imaged 5 days prior to the exam.
- No use of deodorants, lotions, creams, powders, or makeup applied to the upper body (excluding the face) on the day of the exam.
- No shaving of the areas to be imaged the day of the exam.
- No treatment (chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use) or physical stimulation of the areas to be imaged for 24 hours before the exam.
- No exercise within 4 hours of the exam.
- No bathing within 1 hour of the exam.
- If you are using pain medications, please avoid taking them within 4 hours prior to the examination. **You must consult with the prescribing physician for his or her consent prior to any change in medication use such as this.**
- No physical stimulation of the breasts within 24 hours of the exam.
- If you are nursing, please try not to do so within 1 hour of the exam.

**Please note:** During the examination you will be disrobed from the waist up during part of the examination and during imaging to allow for the surface temperature of the body to equilibrate with the room. A female technician is provided for all our female patients.

If you have copies of any other test results (i.e. mammograms, sonograms, blood tests) please bring them with you. If you have any further questions, please contact our office.

Thank you for choosing our center and we look forward to meeting you.