

Thermal Imaging

Pre-Thermographic Imaging Instructions FOR BREAST & OR BODY IMAGING

Welcome to our center. Before you arrive for your breast or body thermogram, certain protocols must be followed in order to ensure that your images reflect accurate information. Please read the following instructions and strictly adhere to them.

- No prolonged sun exposure (especially sunburn) to the areas that will be imaged (chest and breast areas for breast imaging) 5 days prior to the exam.
- On the day of the exam, please do not use any lotions, creams, powders, or makeup on the areas that will be imaged, (eg: breasts, face, arms, etc..) and no use of deodorants or antiperspirants.
- No shaving (or other types of hair removal) of the chest, breasts, or underarms, etc.. for 24 hours prior to the exam.
- No treatment (chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use) of the neck, back, chest, or breasts for 24 hours before the exam.
- No physical stimulation of the breasts for 24 hours prior to the exam. (For Breast Imaging)
- No exercise 4 hours prior to the exam.
- If bathing, it must be no closer than 1 hour before the exam.
- If you are nursing, please try to nurse as far from 1 hour prior to the exam as possible. (For Breast Imaging)
- If you are using pain medications, please avoid taking them for 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.**

Please Note: During the examination you will be disrobed (from the waist up for breast exams and upper body, and buttocks exposed for lower body exams) during part of the examination for both imaging and to allow for the surface temperature of the body to equilibrate with the room. A certified technician (possibly male) will be performing all your imaging. **Some patients feel more comfortable when they bring a close friend or family member for moral support during their imaging. This is always welcomed and encouraged.**

If you have copies of any other test results (e.g. mammograms, ultrasounds, biopsies) 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.