

Pre-Thermographic Imaging Instructions

Welcome to our center. Before you arrive for your breast 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 chest and breast areas 5 days prior to the exam.
- ⌚ On the day of the exam, please do not use any lotions, creams, powders, or makeup on the breasts, and no use of deodorants or antiperspirants.
- ⌚ No shaving (or other types of hair removal) of the chest, breasts, or underarms 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.
- ⌚ 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.
- ⌚ 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.**

During the examination you will be disrobed from the waist up during the examination for both imaging and to allow for the surface temperature of the body to equilibrate with the room. A female technician will be performing all your imaging.

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.