

## Pre-imaging Procedure

Before you arrive for your 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.

### 8 weeks

You must wait at least 8 weeks after having a lumpectomy or surgical biopsy of the breast before a thermogram can be performed.

### 4 weeks

You must wait at least 4 weeks after having a fine needle or core biopsy of the breast before a thermogram can be performed.

### 5 days

Abstain from prolonged sun exposure (especially sunburn) to the body areas being imaged 5 days prior to the exam.

### 24 hours

A. Abstain from treatment (chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use).

B. Abstain from physical stimulation of the breasts for 24 hours before the exam, and if you are nursing please try to nurse as far from 1 hour prior to the exam as possible.

C. Please notify our office if you have had any surgical procedure within 12 weeks prior to coming in for your appointment.

### Day of thermography

Abstain from shaving the areas to be imaged the day of the exam.

### Day of thermography

Abstain from any deodorants, lotions, creams, powders, or makeup (no facial makeup for full body or upper body scans).

### 4 hours

A. Abstain from exercise 4 hours prior to the exam.

B. Avoid taking Prescription pain medication 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.

### 1 hour

Abstain from taking a bath less than 1 hour before the exam.

Please note: During the examination you will be disrobed (from the waist up for breast exams, 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 female technician is provided for all our female patients.

Thank you for choosing Precision Thermography and we look forward to meeting you.