

## Pre-Imaging Instructions

It is necessary to follow certain protocols to ensure that your images and reports reflect an accurate reading. Please read and adhere to the following instructions:

- ❖ No prolonged sun exposure (especially sunburn) to body areas to be imaged within 5 days prior to exam.
- ❖ No use of lotions, creams, powders or makeup on the breasts on the day of exam.
- ❖ No use of deodorants or antiperspirants on the day of your exam.
- ❖ No treatment (chiropractic, acupuncture, massage, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use) of the neck, back, chest or breasts for 24 hours prior to imaging.
- ❖ No exercise 4 hours prior to imaging.
- ❖ No shaving on the day of the exam to avoid skin abrasions.
- ❖ If bathing, it must be no closer than 1 hour before imaging.
- ❖ No warm or cold beverages within 2 hours prior to imaging, and no alcohol consumption within 12 hours prior to imaging.
- ❖ If you are using pain medications, please avoid taking them for 4 hours prior to imaging.
  - Please note: You must consult with your prescribing physician for his/her consent prior to any change in medication use such as this.

In addition to the above protocols, female patients must also adhere to the following instructions (if the imaging includes the area of the breasts):

- ❖ Do not wear restrictive clothing such as a bra to the exam.
- ❖ No physical stimulation or treatment of the breasts for 24 hours before the exam.
- ❖ Surgical procedures such as implants, reductions, and biopsies do not interfere with infrared imaging, but you must wait at least 4 weeks after such procedures.
- ❖ Breast infrared imaging is perfectly safe to have during pregnancy or when nursing, but if you are nursing, please try to nurse as far from 1 hour before the exam as possible.
- ❖ If you have copies of any other related test results (e.g. mammograms, ultrasounds, biopsies) please bring them with you.

### Please note:

- ❖ During the exam you will be disrobed (from the waist up for breast imaging, 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. Female patients will be imaged by a female technician.
- ❖ The total time necessary to complete your imaging is 30 minutes for breast thermography, 45 minutes for a health screening, and 60 minutes for a full body thermography.

If you have any further questions, please feel free to contact us at **519-750-0440**.

I have read and understood and will comply with the instructions stated above.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_