



## Patient Pre-Screen Information

Screening with Digital Infrared Thermal Imaging  
(Thermography)

### Purpose of test:

Early detection of abnormal changes in the breasts, lymphatic system and other areas of the body that may require or may not require further diagnostic testing (depending upon the findings via medical interpretation).

### Patient preparation:

- \* You must wait at least three months after major breast surgery, completion of chemotherapy, or radiation before a thermal exam.
- \* You must wait at least one month after a biopsy or minor surgery
- \* Avoid tanning or sunburn for at least one week before the exam
- \* Do not eat one hour prior to your exam
- \* Do not eat or drink caffeinated products two hours prior to your exam
- \* Do not smoke or use any products containing nicotine two hours prior to your exam
- \* Do not exercise at least 12 hours prior to your exam
- \* Do not use lotions, powders, or deodorants the day of your exam
- \* Avoid taking any medications or supplements on the day of your exam if possible
- \* No alcohol for at least two days prior to your scan. Too much alcohol will affect hormone levels which will show up in your scan.
- \* Please wear loose fitted clothing
- \* For Half Body or Full Body Scans, hair will need to be pulled up off the neck, face/forehead (we have disposable hair supplies for your convenience)
- \* Please inform your Thermography Technician about any recent skin lesions or bruising, rosacea or any other skin disorders as it may cause false positives on reports.
- \* Please note that the camera will not be able to see through thick hair such as thick chest hair, thick body hair, thick shoulder/back hair. Please shave closely at least 3 days prior to your scan. (This seems apply more for men than women).

### Procedure:

- \* To receive accurate results, the equilibrating time is 15 minutes and temperature is between 68-72 degrees.
- \* You will be asked to disrobe according to the type of scan chosen; the images, again depending on the type of study being done, will take approximately 20 – 45 minutes.

### Test Results:

Reports are generally received within **5 to 7 BUSINESS** days after your initial visit.

### Patient Forms:

- \* To ensure the appropriate allotted time is allowed for your appointment, please print and complete the following three patient forms and bring with you to your appointment.