



Pre-Scan Instructions & Information

Purpose of this scan:

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).

Scanning 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 sunburn for at least one week before the exam. The burn greatly elevates skin temperatures.
- * Do not eat one hour prior to your exam (pertains to Half Body and Full Body Scans Only)
- * 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 3 hours prior to your exam
- * Do not use aluminum containing deodorants the day of your exam
- * IF POSSIBLE, avoid taking any medications or supplements on the day of your exam. **This is NOT mandatory. We do want to see you in your everyday routine.**
- * Please wear loose fitted clothing
- * For Half Body or Full Body Scans, hair will need to be pulled up off the neck, face and 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 to apply more for men than women).

Procedure:

- * Upon arrival, you'll be brought into the scanning room and we'll go over any questions then we'll provide you with a gown to change into and any hair supplies if needed to pull hair back.
- * To receive accurate results, you will acclimate in the scanning room for approximately 10 - 12 minutes and the room temperature (on purpose) is between 68-72 degrees.
- * Your technician will return to the room and begin the imaging.

Test Results:

- * Reports are generally received within 5 to 7 **BUSINESS** days after your initial visit. Sometimes results can come back sooner, other times during busiest months like Breast Awareness Month, it could take up to 10 days or so.

Patient e-Forms:

- * To ensure the appropriate allotted time is allowed for your appointment, please complete the electronic version of the appropriate intake form for your scan type found in these links below:

FEMALE: [Breast & Lymph Scan](#) | [Half Body Scan – Female](#) | [Full Body Scan – Female](#)
MALE: [Half Body Scan – Male](#) | [Full Body Scan – Male](#)