



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 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 un-natural 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. One glass of wine would be the max.
- * 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 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 12 to 15 minutes and the room temperature (on purpose) is between 68-72 degrees.
- * Your technician will return to the room and begin the imaging. The imaging, depending on the type of scan being done, will take approximately 20 – 45 minutes which includes the acclimating period.

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 Health Awareness Month, it could take up to 10 days.

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](#)