Patient Preparation
For a Successful Thermal Exam

PURPOSE OF THE TEST:

Examination of the selected areas to detect recognizable signs of normal or abnormal physiological activity to determine if further clinical evaluation or preventive recommendations are required.

PATIENT PREPARATION:

Prior to the Appointment:

- No breast surgery, chemotherapy or radiation treatments 3 months prior.
- No breast biopsy for one month prior.
- Lactation: Imaging is recommended if there is a problem or concern, but a baseline is not recommended for at least 3 months after the last active breast feeding.
- Refrain from dentistry and dental cleaning at least 7 days prior to the test.
- Absolutely no heat lamps or sunburn. 5 days prior. You will have to reschedule.
- FYI: The office is an Allergy Clinic, so please refrain from wearing perfume, cologne and no smoking prior to the appointment. Thank you for your understanding.
- No major breast surgery.
- No chemotherapy or radiation.

24 hours prior:

- Avoid exercise or heavy physical activity.
- No massage or lymph treatments.
- No chiropractic adjustments, acupuncture, physical therapy, electrical muscle stimulation.
- No saunas, steam bath or hot tub.
- No alcohol for at least 24 hours prior to testing.
- No hot or cold packs.
Day of Exam

- Avoid heavy makeup. Any oil-based products on the body will affect accurate detection by the camera.
- Avoid deodorant or creams on the skin, especially oils.
- Do not shave area to be imaged.
- 2 hours prior to exam, no coffee or other caffeinated beverages, and no spicy foods.
- For head imaging, do not eat for at least 2 hours before imaging.
- Avoid A/C in the car blowing directly on the patient. It takes hours for the body to equilibrate. This recommendation is vital during the summer. Same for heaters in the winter.
- Remove eyeglasses 15 minutes prior to testing.
- Women it’s better to not wear a bra on your way to your appointment.
- Patient must remove all jewelry in the area to be imaged.
- For a full body, please wear loose fitting clothes.

During the exam

- There will be no contact with your body, no injections, radiation or fluids to drink. You will be in a comfortable cool private room and the camera will be positioned from 4 to 7 feet away from you as you turn to change the necessary positions.
- You will be offered a gown to wear until the imaging begins. For breast imaging, you will be required to disrobe your upper body. For full body imaging, you must remove all but underpants. You will be imaged by a trained Thermographer. Please wear or bring underwear.
- A region of interest, like the head or breast will take about 30 minutes. A full body exam will take approximately 60 minutes.
Reporting

Your images, along with your questionnaire will be sent to a trained Thermologist for interpretation. A written report, including images will be sent or given to you when the report is complete. A copy can be sent to your doctor by written request.

Notice regarding interpretation

When reading these images, we look for certain temperature findings in the breasts which may suggest elevated risk for disease. Thermal imaging provides information about current and future risk only and does not diagnose breast conditions. Thermal imaging findings should be correlated with diagnostic examinations before a final diagnosis and treatment decision is made. It does not replace any other breast examination.