

## Follow These Simple Guidelines Before Your Thermography Appointment

Please fill out all patient forms prior to your appointment, including the HIPPA authorization form. These can be printed from our Home page under "Patient Forms". If you are unable to print these forms, we will have them available to fill out in our office on the day of your appointment. Plan to arrive 10 to 15 minutes early to complete all forms. If you would like a copy of your thermography results sent to your healthcare provider, please provide us with the name and address of your healthcare provider on the day of your visit.

Thermography is a temperature gradient study. To achieve optimal images, we do not want to create or block the natural heat of the body. Please follow these general instructions:

- No powder, lotion, creams, deodorant, antiperspirants or liniments on the day of your test.
- No makeup, if the face will be imaged.
- No shaving (or other types of hair removal) of the chest, breasts or underarms 24 hours prior to the exam.
- No smoking for a minimum of 2 hours before the test.
- No excessive hot or cold drinks prior to the test.
- If bathing, it must be no closer than 1 hour before the exam.
- If you are nursing, please try to nurse as far from 1 hour prior to the exam as possible.
- Do not have massage, physical therapy, TENS, electrical muscle stimulation, hot or cold pack use, acupuncture, chiropractic adjustments or electromyography for 24 hours prior to your exam.
- No physical stimulation of the breasts 24 hours prior to the exam.
- No vigorous exercise 4 hours prior to the test.
- Stay out of strong sunlight on the day of your test. No prolonged sun exposure (especially sunburn) or tanning beds for 5 days prior to the exam.
- Long hair should be worn up. Hair accessories will be provided, but feel free to bring your own hair clips or holders.
- Jewelry and glasses will need to be removed if they are worn in the areas to be imaged.
- Please wear loose fitting clothing.

There are no dietary or medication restrictions.

You are welcome to bring a companion or partner to be present during your imaging procedure.