

## ***Thermal Imaging Instructions***

Temperature \_\_\_\_\_ Pulse \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_ RR \_\_\_\_\_

Welcome to Midwest Thermography. Before you arrive for your thermographic examination, certain protocols must be followed in order to ensure that your images reflect accurate information. Please check each box confirming the following instructions have been followed.

- No prolonged sun exposure, sunburn or laser treatments to the areas being imaged 5 days prior to the exam.
- Allow 4-6 weeks after biopsy before imaging and allow 3 months post radiation.
- Do not wear an underwire bra or tight-fitting clothes on the areas to be imaged on the day of the exam.
- No Vitamin C IV drips, sauna or hot tub 24 hours prior to the thermal imaging.
- No use of deodorants, lotions, oils, creams (including hormone creams), powders, perfume, body sprays or makeup. For breast scans without head and neck image, only paraben-free makeup may be worn, as it can affect your hormone balance.
- No shaving of the areas to be imaged for at least 6 hours prior to the exam.
- No treatment (chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use) or physical stimulation of the areas to be imaged for 24 hours prior to the exam.
- No exercise 6 hours prior to the exam.
- Avoid eating or drinking (anything but water) for 3-4 hours prior to the exam. Drink plenty of water prior to the exam.
- No smoking for 3-4 hours prior to the exam.
- No bathing or showering for 4 hours prior to the exam.
- If you are using pain medications, vaso-active drugs, or anti-inflammatory medications, please avoid taking them for 4 hours prior to the examination. You must consult with the prescribing physician for his or her consent prior to any change in medication.
- The above protocols apply for all breast thermograms. Remember, no physical stimulation of the breasts for 24 hours prior to the exam, and if you are nursing, avoid nursing, if possible, up to 1 hour prior to the exam.
- For menstruating women, imaging must be done between the 6<sup>th</sup> and 21<sup>st</sup> day of their cycle. (Day 1 of the cycle starts on the first day of a woman's period.)
- For head and neck imaging, do not floss or brush your teeth 4 hours prior to the exam. Do not wear any night guards, partials, or retainers 8 hours prior to the scan. Do not chew gum on the day of the exam.

Please note:

During the examination you will be disrobed (from the waist up for breast exams, and buttocks exposed for lower body exams) during part of the examination for imaging and to allow the surface temperature of the body to equilibrate with the room. A female technician is provided for all our female patients.

By signing below, I certify that I have adhered to all of the above instructions, and I understand that if I have not, it can render inaccurate test results with no fault to the technician or Midwest Thermography.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_