



## ***Thermal Imaging Instructions***

Name \_\_\_\_\_ DOB \_\_\_\_\_

Body Temperature \_\_\_\_\_ Room Temperature \_\_\_\_\_ Technician \_\_\_\_\_

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.

Please bring a list medications you are currently taking as well as any prior examination reports that describe breast findings you are concerned about.

- No recent sunburn or skin burn of any kind. Any laser treatments to the areas being imaged must be done 5 days prior to the exam.
- Allow 4-6 weeks after biopsy before imaging and allow 3 months post radiation.
- 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 on the areas being imaged.
- No shaving of the areas to be imaged for at least 6 hours prior to the exam.
- No treatment (chiropractic, acupuncture, massage, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use) or any physical stimulation of the areas to be imaged for 24 hours prior to the exam.
- No exercise 4 hours prior to the exam.
- No smoking for 2 hours prior to the exam.
- No bathing or showering for 1 hours prior to the exam.
- If you are nursing, avoid nursing 1 hour prior to the exam.
- For menstruating women, imaging must be done at least 3 days before or 3 days after menstruation.
- For head and neck imaging, do not floss, brush your teeth, chew gum or drink hot liquids 1 hours prior to 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.) Shoes and socks will also be removed for every scan. If you are very cold sensitive bring or wear warm coverings for the areas not being imaged. The imaging room temperature is around 68 degrees F (21 degrees C.) You will acclimate in the room for 15 minutes prior to the test. 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: \_\_\_\_\_