



## Thermography Pre Screen Instructions

- Unless specifically instructed by your physician, you should wait at least three (3) months after any form of breast surgery, including biopsy, as well as the completion of chemotherapy or radiation before imaging
- No physical therapy treatment (chiropractic, acupuncture, massage, electrical muscle stimulation, ultrasound, etc) for 24 hours prior to imaging
- You should avoid any natural or artificial tanning of your chest for three (3) days prior to imaging. If you have had prolonged sun exposure (sunburn) 5 days prior to your imaging, please call to reschedule
- You must avoid any vigorous physical stimulation, examination or compression of the breasts (self or clinical examination, ultrasound and/or mammogram) for at least three (3) days prior to imaging
- You must not have had any significant fevers (102 degrees Fahrenheit or more) within thirty-six (36) hours of your imaging. If you are currently running a fever of any kind (99 degrees Fahrenheit or more), please call the office to reschedule. You will not be charged a cancellation fee for illness
- You should refrain from a sauna, steam room, or hot/cold packs for at least twenty four (24) hours prior to imaging
- You should avoid shaving on the day of imaging, and use of any skin creams, lotions, deodorants or powders on your breasts or underarms on the day of your imaging. Men are asked to shave facial hair 2 days prior to imaging
- You should avoid using foundation, face lotion or serum on your face prior to your imaging session. If you do, you will be asked to remove it at the start of your appointment
- You should avoid the use of any tobacco, or drinking caffeinated beverages for two (2) hours prior to your imaging, as well as avoiding alcohol consumption within twelve (12) hours prior to imaging
- No gum chewing on the day of the imaging
- You should avoid vigorous exercise, bathing or showering for one (1) hour prior to your imaging
- If you are breastfeeding, please empty your breasts 30-60 minutes prior to your imaging

- Please remove all jewelry as stated by your thermography technician, and pull your hair up off of your back and shoulders. Hair ties, claw clips and/or headbands can be provided by your technician if needed
- For a breast scan, please do not wear a tight bra to your exam, or a bra with underwire

In addition, please note:

**Test results:** If you have copies of related test results (e.g. mammograms, ultrasounds, biopsies) please bring them with you

**Privacy screening:** You will be partially or fully disrobed (depending on the type of study) for purposes of both imaging and to allow for the body temperature to equilibrate with room temperature. Imaging is conducted in a private examination room and you will be imaged behind a privacy screen

**Appointment duration:** The time necessary to complete your imaging is 20-30 minutes for breast thermography, 35-45 minutes for upper body thermography, and 45-60 minutes for full body thermography

If you have any questions regarding these instructions, please call the office at 704-948-0173

**I have read and understood and will comply with the instructions stated above.**

Name: \_\_\_\_\_

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

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

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