

Early Screen Thermography Imaging Center at Integrative Wellness Center

INSTRUCTION AND PREPARATION CHECKLIST for INFRARED IMAGING

Please bring this completed form to your appointment

Name: _____
Please print

PAPERWORK: Please complete all paperwork prior to your arrival. Be sure to answer each question and do not leave any blanks, as the history form is an important piece of information for the doctor who will be interpreting the report.

To insure accurate imaging, it is **very important** to follow the instructions carefully.

The day of the screening:

- Do not bathe, shower or soak in VERY HOT water, for at least 4 hours prior to appointment, including SAUNA or HOT TUB use. A warm, comfortable shower 1 hour prior to exam is fine as long as you do not come to your appointment flushed from excessive hot water exposure.
- Do NOT use creams, lotions, deodorants, antiperspirants, talcum powder, essential oils or any other skin product/s on neck, chest or underarms.
- No rigorous exercise program for at least 4 hours prior to my examination.
- No **CAFFEINATED** beverages (coffee, tea, soda, energy drinks or other beverages containing caffeine) and do not use **ALCOHOL** for at least 2 hours prior to exam.
- If nursing a child, nurse evenly on both sides for the 4 hours prior to scan.

24 hours prior:

- No mammogram, physical breast exam, or any medical procedure or exam involving the breasts, including chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use, massage therapy, analgesic creams, balms or used magnets.
- No shaving underarms and chest and other forms of hair removal, and **SEXUAL ACTIVITY** involving direct stimulation to the breast and nipples. If you choose to shave please do so at least 12 hours before your exam.)

72 hours prior:

You have no sunburn, have not been tanning, and do not have a fever today.

Full body instructions:

Today, for **FULL BODY** appointment, do NOT use any make-up, creams, lotions, deodorants, antiperspirants, talcum powder, essential oils or any other skin product/s on whole body, including face, neck, chest or underarms.

- You must wait at least 4 weeks after having a fine needle or core biopsy of the breast to have a thermogram.
- You must wait at least 8 weeks after having a lumpectomy or surgical biopsy of the breast to have a thermogram.
- If you have had any surgical procedure within the last 12 weeks, please notify our office before coming in for your appointment.

I certify that I have complied with all of the above guidelines. I understand my appointment may need to be rescheduled if any of the above has been compromised; otherwise, a \$25 rescheduling fee may apply.

Although research shows thermography to be very effective, no one test is 100% accurate. We encourage you to talk with us about additional/other forms of breast health screening available.

Patient signature (at time of appointment)

Date