

It is necessary to follow certain protocols to ensure that your images and reports reflect an accurate reading.

Please adhere to the following instructions:

- ❖ No prolonged sun exposure (especially sunburn) within 5 days prior to imaging.
- ❖ No use of lotions, creams, powders or make-up on the day of imaging.
- ❖ No use of deodorants or antiperspirants on the day of imaging.
- ❖ No physical therapy treatment (chiropractic, acupuncture, massage, electrical muscle stimulation, ultrasound, hot or cold pack use) for 24 hours prior to imaging.
- ❖ No exercise 4 hours prior to imaging.
- ❖ No shaving on the day of imaging. For men: we recommend shaving facial hair 2 days prior to imaging.
- ❖ No hot shower within 4 hours prior to imaging.
- ❖ Do not wear restrictive clothing to imaging.
- ❖ No gum chewing on the day of imaging.
- ❖ No warm or cold beverages within 2 hours prior to imaging, and no alcohol consumption within 12 hours prior to imaging.
- ❖ Breast imaging is safe to have during pregnancy or when nursing, but if you are nursing, we recommend nursing as far from 1 hour before imaging as possible.

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 45-50 minutes for full body thermography.

If you have any questions or concerns, please feel free to contact us at **1-800-403-2041** or at **info@thermographymedicalclinic.com**.

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

Name: _____

Signature: _____

Date: _____