

Thermal Imaging Pre-exam Patient Instructions

Before your exam:

1. No sunbathing of the area being imaged for 5 days prior to the examination.
2. No baths 24 hours prior to the examination.
3. No physical stimulation of the body being imaged including sexual activity, physical therapy, EMS, TENS, ultrasound treatment, acupuncture, chiropractic, sauna or steam room, hot or cold pack use for 24 hours before the exam.
3. Do not shave the area to be imaged for 24 hours prior to the examination.

The day of your exam:

1. No exercise.
2. If not contraindicated by your doctor, avoid taking pain medications or vasoactive drugs.
3. Do not smoke for 2 hours before the exam.
4. Do not take a hot shower within 1 hour prior to exam.
5. For breast imaging, do not nurse sooner than 1 hour before the examination and leave as much time as possible. Identify the last breast nursed.
6. Do not use lotions, oils, creams, powder, or make up on the area to be imaged.
7. For upper body or breast imaging, do not use deodorant or antiperspirant.

Note: If there is a recent sunburn or skin burn of any kind, the examination may need to be postponed.

Please bring with you:

1. Any prior examination reports that describe a finding you are concerned about.