

# Patient Preparation Sheet/Breast Appointment

Breast Health Screening with Digital Infrared Thermal Imaging (Thermography)

## **Purpose of test**

Early detection of abnormal changes in the breasts requiring further diagnostic testing

## **Patient Preparation**

Prior to your appointment do not (on the day of):

- have physical therapy or electromyography
- use a tanning booth and avoid overexposure to the sun prior
- have strenuous exercise
- smoke (for 2 hours prior)
- shave your underarms or use lotions, powders, anti-perspirants, or makeup on the chest area.

Do not have acupuncture treatment within 3 days prior to appointment. Wait 3 months post surgery, and 6 months post radiation therapy to schedule an appointment.

If your hair falls below your neck, you should wear it clipped or pinned up.

Wear loose fitting clothes and no jewelry around the neck.

No changes necessary for diet or medication.

## **General Information**

**Procedure** is non-invasive, no-contact, no radiation and FDA Approved.

**Disrobing** – Remove all upper body clothing and jewelry. Put on a gown or sarong supplied. Inform your thermographer if you had any recent skin lesions on your breast; the inflammation may cause a false positive result.

**Thermography** is performed by a female certified clinical thermographer and is completely private.

There are no risks and no side effects.

Average time for the appointment is 30 minutes.

Please bring your healthcare provider's name and address if you want a copy mailed to him/her.

We gladly accept personal check, cash, Visa/MC for payment.

**You are welcome to bring a companion or partner to be present during the scan.**