



WHOLISTIC
Thermography

Patient Prep for Breast Appointment

BREAST HEALTH SCREENING WITH DIGITAL
INFRARED THERMAL IMAGING/THERMOGRAPHY

Purpose of Test

Early detection of abnormal changes in the breasts and surrounding area possibly requiring further diagnostic testing.

Important Patient Prep

Once you have established a date and time for your appt, please adhere to the following: (This helps prevent unrelated inflammation from skewing your reading.)

- Three days out from appt: please avoid acupuncture treatments and tanning (sun or booth).
- Within 24 hours of appt: Please avoid any of the following: Massage therapy, physical therapy, chiropractic care, strenuous exercise/weight lifting, heat therapies (ie. Biomat, sauna).
- The day of: avoid extremely hot or cold beverages and smoking within 2 hours of appt.
- If you'd like to shave your underarms, please do so at least 24 hours before your appt.
- The day of: Please do not apply any deodorant, lotions, powders, oils or makeup on the chest area.
- Please wait 3 months post surgery or 6 months post radiation therapy to schedule an appt.

General Information About Your Appointment

- There are no dietary changes required. Please take medications and supplements as usual.
- If your hair covers your neck, wear it pinned or clipped up; hair ties will be available if needed.
- Wear loose fitting clothing, but at the appointment you will disrobe the upper body and place a lightweight sarong around your shoulders for the initial intake. Please remove jewelry.

Further details

- This assessment is a non-invasive, no contact, no radiation, and FDA Registered procedure.
- There are no risks or side effects.
- This procedure is performed by a female Certified Clinical Thermographer and in a private location.



WHOLISTIC
Thermography

Patient Prep for Breast Appointment

BREAST HEALTH SCREENING WITH DIGITAL
INFRARED THERMAL IMAGING/THERMOGRAPHY

Further details

- Average First-time appointment is approximately 45 min; Follow-ups and Annual breast imaging appointments are approximately 30 min.
- Please include your Healthcare Provider's name and address on your Intake Form if you want a copy mailed to him/her.
- We accept cash, check, Credit Cards for payment. (CCs and PayPal will require a 4% convenience fee.)
- You are welcome to bring someone with you to be present during the scan.
- If you have any recent skin lesions on the body, please inform the Thermographer as this can alter the result.