

## Mandatory Protocols for Thermal Imaging

### Patient Preparation:

Thermal imaging is a heat sensitive test. Anything which creates heat should be avoided prior to testing. Excessive metabolic activity, friction, or any of the activities listed below which will alter heat readings.

#### **1 Month Prior:**

- No minor breast surgery, i.e. biopsy
- We may still perform testing after biopsy. Write this in form.

#### **1 Week Prior:**

- Be cautious of too much sun exposure in order to avoid sunburn. Scans will have to be rescheduled if the patient has a sunburn of any sort.

#### **48 Hours Prior:**

- Men with beards should shave their face and neck, as well as backs
- Avoid all tanning and limit sun exposure

#### **24 Hours Prior:**

- Avoid chiropractic care, massage therapy or acupuncture
- No saunas, steam baths, hot tubs, heating pads, or hot water bottles
- No analgesic creams or balms
- Do not shave underarms (Should be done prior)
- Reschedule if you experience a significant fever
- Refrain from sexual activity

#### **Day of Exam:**

- For best results, please wear thong underwear or a jock strap for full body studies. Underwear is optional and best results are without.
- Do not use creams, lotions, cosmetics, ointments, deodorant, antiperspirants, powders or any other skin product
- Please bring a hair tie to remove hair from your forehead and back of neck
- Remove all piercings and jewelry prior to exam, unless unable to.

#### **4 Hours Prior:**

- Avoid hot showers or shaving
- Avoid physical therapy or exercise
- No coffee, tea, soda, or other beverages containing caffeine. No alcoholic beverages.
- Do not smoke cigarettes or use any product which contains nicotine

- Women- do not wear a bra for the 4 hours leading up to the exam

### **2 Hours Before the Exam:**

- Avoid hot or cold liquids
- Avoid eating or chewing gum
- Avoid using a cell phone

### **Prior to and During Exam:**

- Please inform us if you have a hot flash during the session
- Try to relax prior to and during the exam. Stress will affect your exam.



Revision 1.1 7/23/2015