

Patient Preparation Sheet/Breast

Purpose of test:

For early detection of abnormal changes in the breasts requiring further diagnostic testing. A screening baseline cannot be acquired while pregnant or lactating (wait 3 mos post lactation)

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
- have strenuous exercise
- smoke for 2 hours
- shave your underarms or use lotions, powders, antiperspirants, therapeutic essential oils or makeup on the chest area
- do skin brushing
- have kidney dialysis

Do not have body work **2 days** prior. Do not have acupuncture treatment **3 days** prior. Wait **3 mos.** post surgery, radiation therapy, chemotherapy before scheduling appt. Wait **3 mos.** post lactation.

If your hair falls below your neck, please clip it up.

Attire – Loose fitting clothes and no jewelry around the neck.

No changes necessary for diet or medication.

General Information

Procedure is non-invasive, no-contact, private, no radiation.

Disrobing – remove all upper body clothing and jewelry. Put on a gown 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 of your report and scans mailed to him/her.

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

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