



MEDICAL THERMOGRAPHY

Patient Preparation Protocol

Before your thermal imaging appointment, certain protocols *must* be followed to ensure that your images reflect accurate information. Please read the following instructions and strictly adhere to them.

- If you have had any medical procedure within the past 12 weeks, please notify our office.
- No prolonged sun exposure (especially sunburn) to the body area being imaged for 5 days prior to your appointment. This includes artificial tanning.
- No physical therapy, massage, EMS, TENS, ultrasound, acupuncture, chiropractic, physical stimulation, sauna/steam room/hot tub/baths, hot/cold pack use for 24 hours prior to your exam.
- Avoid strenuous workout, exercise or weight training for 24 hours prior to your appointment. No sexual activity for 24 hours prior.
- If any area of the body (included in the images) is to be shaved, this should be done 24 hours prior to the exam. (Do NOT shave under your arms the day of your appointment).
- Do not use lotions, powder, deodorant, antiperspirant, perfume, makeup or anything topical on the body area to be imaged the day of your exam.
- Allow at least 4 hours after a hot shower or hydrotherapy.
- Avoid the use of pain medications and vasoactive drugs the day of the exam. You must consult with your prescribing physician prior to any change of medication.
- Do not smoke or have any caffeine for 2 hours prior to your exam.
- If you are nursing, please try to nurse as far from 1 hour prior to the exam as possible.
- Do not use a car seat-heater while traveling to your imaging appointment.
- Let the technician know if you have had any recent skin lesions or blunt trauma to the area to be scanned.

Please note: During your imaging appointment you will disrobe during part of the exam for both the imaging and to allow for the surface temperature of the body to equilibrate with room. Disrobing will be from waist up for breast/upper body exams and waist down (buttocks exposed) for lower body exam. You may bring thong-style undergarment, males will have privacy options. Our technician is female.

Signature: _____ Date: _____