

Pre-Examination Breast Thermography Instructions

IMPORTANT: If your appointment has to be canceled because you did not adhere to these strict instructions there will be a \$50 cancellation fee

The following instructions must be strictly adhered to before you arrive for your breast thermography appointment. Please check off each item below:

___ Exam should not be performed within **two weeks** after receiving sunburn.

___ **If possible**, aspirin, pain medications, vasodilators/constrictors (such as niacin) and/or other similar medications should be avoided for **24 hours** prior to the test. **You must consult with the prescribing physician for his or her consent prior to any change in medication use such as these.**

___ No use of lotions, creams, powders, perfume, cologne or makeup on the breasts **24 hours** prior to the exam.

___ No physical stimulation or treatment of the breasts, chest, neck, or back for **24 hours** before the exam (no chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use).

___ Physical exercise that might affect breast circulation should be avoided for **24 hours** prior to your exam.

___ Alcoholic beverages, coffee, tea or colas containing caffeine should not be consumed for **12 hours** prior to the test.

___ Hot or cold beverages should be avoided for at least **two hours** before the exam is performed.

___ No use of deodorants or antiperspirants the **day of your exam**.

___ No shaving or other hair removal of the areas to be imaged the **day of the exam**.

___ Cigarettes should not be smoked for **two hours** prior to the exam.

___ If bathing, it must be no closer than **1 hour** before the exam.

___ Exam should **not** be performed between the 6th & 13th day of the cycle. Cycle Day: _____

___ Exam is performed in the morning hours between 7 AM and Noon.

- **Please note:** During the examination you will be disrobed from the waist up for both imaging and to allow for the surface temperature of the body to equilibrate with the room. A female technician will perform the imaging for you.
- Surgical procedures such as implants, reductions, and biopsies do not interfere with infrared imaging.
- Breast thermography is perfectly safe to have during pregnancy or when nursing.

Breast Thermography is not a diagnostic procedure and should not be used as the sole means to breast abnormalities. It is only a screening procedure to aid in the detection of breast cancer and its precursors. Both false-negative and false-positive results have been experienced.

Initials