

## Thermal Imaging Pre-Scan Patient Instructions

### Before your scan:

1. Avoid sun exposure/sunburn of the area being imaged for 24 hours prior to the scan.
2. Avoid physical stimulation or treatment of the area to be imaged and the adjacent areas (For breast scans this includes breasts, chest, neck, or back for 24 hours prior to the scan). Avoid massage, skeletal manipulation, acupuncture, chiropractic, physical therapy, ice or heat use, ultrasound, dry needling, moxibustion, occupational therapy, saunas, the use of TENS or electric muscle stimulation units, laser therapy, or ozone therapy 24 hours prior to imaging.
3. Do not shave the area to be imaged for 24 hours prior to the scan.
4. Do not wear external breast prosthesis for at least 12 hours prior to the examination

### The day of your exam:

1. Do not use lotions, oils, creams, powder, or make up on the area to be imaged.
2. No exercise/exertion for at least 4 hours before your scan.
3. If not contraindicated by your doctor, avoid taking pain medications or vasoactive drugs.
4. Do not smoke or drink alcohol for 4 hours before the exam.
5. Do not take a bath or take a hot shower within 1 hour prior to exam.
6. For breast imaging, do not nurse sooner than 1 hour before the examination and leave as much time as possible. Identify the last breast nursed and the breast most favored.
7. For upper body or breast imaging, do not use deodorant or antiperspirant.

**Note:** If there is a recent sunburn or skin burn of any kind, the examination may need to be postponed.

### Please bring with you:

1. Any prior examination reports that describe a finding you are concerned about.