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Thermography Pre-Scan Instructions

Pre-Scan Instructions

For the best thermography results, please follow these instructions fully.

Within 5 Days of Thermography

- Avoid sunburn. No sun tanning or tanning booth treatments.

Within 2 Days of Thermography

- No heavy alcohol consumption or hangovers.
- No X-ray mammography.

Within 1 Day of Thermography

- No physical therapy, chiropractic treatments, acupuncture, massage, diathermy, electrical muscle stimulation (EMS), nerve stimulation (TENS), or heat/cold therapies.
- No stimulation of breasts.

After Midnight before Thermography

- No alcoholic beverages.
- No shaving (or other types of hair removal).
- No use of deodorants or antiperspirants.
- No use of powders, lotions, creams (including hormone) or makeup on the area to be imaged.

Within 4 Hours of Thermography

- Avoid getting overheated. No physical exercise (running, gym workout, sauna, etc.).
- If at all possible, take prescription medicines (especially blood pressure or circulation medications) four or more hours before having your thermal scan. If you have any questions, consult with your primary care physician.
- Avoid taking any non-prescription medicines, especially cold remedies and niacin, within four hours of your thermal scan.
- No smoking or use of other nicotine-delivery products (snuff, gum, patches, electronic cigarettes, etc.).
- No very spicy or hot foods.

Within 1 Hour of Thermography

- No showering or bathing.
- No hair dryer use.
- Avoid very hot or cold drinks. Preferably have only room-temperature or lukewarm food and drink.
- No breastfeeding.

Within 15 minutes of Thermography

- Use the restroom before your cooling period and scan.
- Nothing to eat or drink.
- No gum chewing.

How to Dress for Your Scan

If you are having a breast scan, please dress in loose-fitting two-piece clothing, as you will disrobe only from the waist up. For partial-body scans, you will have to fully uncover the area to be imaged. For a full-body scan, you may have to disrobe to your underclothing. Select underclothing that provides maximum

exposure of your skin and is form-fitting. For example, men should wear brief-type underwear rather than boxers. Refrain from wearing jewelry. Be prepared to tie your hair up off your shoulders and lower neck.