



Thermography

Preparing For Your Test

Thermography units measure heat from the surface of the body; therefore the following are some things to avoid and rules to follow prior to your test...

Note: Thermography can be utilized safely on men, women and children of all ages and health conditions, during pregnancy, while nursing, during the menstrual cycle and on woman with breast implants or any other previous surgery.

Pre-Screening Requirements

- Wait at least 2 weeks after a mammogram, biopsy, or x-ray before a thermogram image is taken in that area.
- Wait at least 3 months after a lumpectomy and any radiation treatment before a thermogram image is taken in that area.
- If you've had a double mastectomy, please call our office at (937) 433-3241.
- Nursing mothers: feed the baby at least 1 hour before screening.

48 Hours prior to screening avoid:

- Extended sun exposure.
- For males: Shave facial hair for upper and full body imaging.

24 Hours prior to screening avoid:

- Physical stimulation or treatment of the breasts, chest, neck or back such as chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, massage, deep heat treatments, hot/cold packs, etc. (Note: If completing a full body thermography, avoid these items on ALL areas of the body.)
- Drinking alcohol
- Clinical physical stimulation, examination or compression of the breasts (self or clinical examination, ultrasound or mammogram)
- If you have had a fever in the last 36 hours, your screening will need to be rescheduled

DAY of the screening:

- Wear loose fitting clothes. **Do not wear a bra to the screening**
- No yoga, massage, strenuous exercise or physical therapy for at least 3 hours before exam
- Avoid shaving or other types of hair removal
- Do not use deodorant or antiperspirant
- Avoid smoking for 2 hours before exam
- Avoid drinking hot beverages 1 hour prior to exam
- No bathing closer than 1 hour before exam
- No lotions, creams, powders or makeup (Note: if completing breast imaging only, face makeup may be worn –be sure to avoid application on neck and chest)
- Avoid sauna and/or steam-room
- Continue taking all prescribed medications & supplements. Please list medications below:

What to expect at your appointment:

Upon arrival, you will be placed in the exam room for 15 minutes to allow your body temperature to adjust to the room temperature. During this time you will be asked to remove clothing, jewelry, glasses, etc. in the areas to be imaged. The technician will enter the room and use a computer and infrared camera to scan areas of the body using thermal heat imaging. This could take anywhere between 5 – 35 minutes depending on the number of images needed. Once the analysis of your images is complete, we will contact you to schedule an office visit to discuss the findings.

Insurance:

Check with your insurance company to see if Thermography is included in your coverage plan. Take 2 Healthcare is out of network with all insurance companies and full payment is due at time of service. Medicare does not cover Thermography.

I have read and followed all of the above instructions prior to my thermography screening.

Print Name: _____

Signature: _____ Date: _____