



## **Thermography Patient** **Instructions**

- No Sunburn or sun exposure the day before or the day of the scan. This includes tanning bed use.
- No diet change necessary (food).
- NO caffeine or cigarettes 2 hours prior to the scan. This includes any cigarette or nicotine replacement such as patches and electronic cigarettes.
- NO Acupuncture, Chiropractic manipulation or massage activity 24 hours prior to the scan.
- Shower is okay.
- Deodorant is okay.
- NO lotions, perfumes, liniments or powders.
- NO gum prior to the scan.
- MEN – for head and neck scan, NO shaving the morning of the scan.
- FULL BODY SCAN – no contacts (or remove them for the scan).
- Wear loose fitting clothing.
- Do NOT wear an underwire bra the day of the scan.
- Hair up and completely off the face and neck if that area is to be scanned. A hair clip for use during the scan is fine. The back of the neck IS scanned in breast imaging.
- Bring a complete and up-to-date list of ALL medications including supplements.
- Bring a complete and up-to-date list of all prior surgeries.
- Bring a complete and up-to-date list of all prior breast imaging. This includes Mammograms, Thermograms, Ultrasounds, etc.
- Upon arrival, no itching, scratching, crossing the legs, etc. – Anything that will “affect” the heat signature of the area being scanned.
- No hot or cold drinks upon arrival. This includes water.

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