



Pre-Scan Instructions

Patient Preparation. Please follow the guidelines listed below

PLEASE AVOID:

- CHIROPRACTIC, ACUPUNCTURE, INFRARED SAUNA, MASSAGE OR EXERCISE THE DAY OF PRIOR TO OUR SCAN.
- SUN TANNING OR SUNBURN BEFORE YOUR SCAN.
- Taking any supplements (such as niacin) or other medications before your exam **(Blood Pressure, Thyroid or Heart medications are permitted, please notify the technician)**

PLEASE DO NOT:

- EAT 2 HOURS PRIOR TO YOUR SCAN
- EAT OR DRINK PRODUCTS WITH CAFFEINE 2 HOURS PRIOR TO SCAN
- SMOKE OR USE ANY PRODUCTS CONTAINING NICOTINE 2 HOURS PRIOR TO YOUR SCAN
- USE OILS, LOTIONS, DEODORANT, FRAGRANCES OR POWDERS THE DAY OF PRIOR TO YOUR SCAN.
- WEAR ANY MAKE-UP, SUNSCREEN OR SKIN PRODUCTS
- It is best to wait at least 3 months after major breast surgery, completion of radiation or chemotherapy before having a thermal scan.
- It is best to wait least 1 month after having a biopsy or minor surgery.
- Please inform your Thermography Technician of any moles, birthmarks, tattoos, piercings or scars and any recent skin lesions, bruising or other skin disorders, such as Rosacea, Eczema or Psoriasis
- You will be asked to remove all jewelry

Protocol Instructions (for men only, including above instructions)

Because men have facial hair, we ask that you refrain from shaving at least the night before your appointment. The purpose is to avoid skin irritation and allow the skin to rest so there is no false reading.

If you have facial hair such as a goatee, mustache or beard, the choice is yours to decide whether to shave away the facial hair or leave it. Just remember, your skin will need to be non-irritated from removing that hair, so please allow enough healing time.

Thank you.

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