

Patient Preparation Sheet/Breast Scan

Breast Health Screening with Clinical Thermography

Purpose of test:

For early detection of abnormal changes in the breasts requiring further diagnostic testing

Patient Preparation:

Prior to your appointment do not (on the day of):

- have physical therapy or electromyography
- use a tanning booth and avoid overexposure to the sun prior
- have strenuous exercise
- smoke for 2 hours prior
- shave your underarms or use lotions, powders, anti-perspirants, or wear makeup on the chest area
- perform skin brushing
- use essential oils
- have body work (massage, etc)
- have kidney dialysis

Do not have acupuncture treatment within 3 days prior to appointment. Wait 3 months post-surgery and 6 mos. post radiation therapy to schedule an appointment.

If your hair falls below your neck you should wear it clipped or pinned up.

Attire - Loose fitting clothes and no jewelry around the neck.

No changes necessary for diet or medication.

General Information

Procedure is non-invasive, no-contact, no radiation and FDA Approved.

Disrobing - remove all upper body clothing and jewelry. Put on a gown or sarong supplied.

Inform your thermographer if you had any recent skin lesions on your breast; the inflammation may cause a false positive result.

Thermography is performed by a female certified clinical thermographer and is completely private.

There are no risks and no side effects.

Average time for the appointment is 30 minutes.