

## Pre-Imaging Instructions

Thermography Clinic Milton Inc.  
400 Bronte Street S., Suite 215  
Milton, ON L9T 0H7  
(905) 781-2447

To ensure that your examination is done properly, and your images reflect an accurate reading please follow the following instructions for all these images. (Breast, Cranial/Dental/Thyroid, Upper Body, Lower Body & Full Body)

- ❖ Do not wear restrictive clothing such as a bra to the exam
- ❖ No prolonged sun exposure (especially sunburn) to the breasts 5 days prior to your exam.
- ❖ No use of lotions, creams, powders, or makeup on the body parts, the day of the exam.
- ❖ No use of deodorants or antiperspirants the day of your exam.
- ❖ No physical stimulation or treatment of the breasts for 24 hours before the exam.
- ❖ No treatment (chiropractic, acupuncture, massage, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use) of the neck, back, chest or breasts for 24 hours before the exam.
- ❖ No exercise 4 hours prior to your exam.
- ❖ No shaving on the day of the exam to avoid skin abrasions.
- ❖ If bathing, it must be no closer than 1 hour before the exam.
- ❖ If you are nursing, please try to nurse as far from 1 hour before the exam as possible.
- ❖ No hot or cold beverages 2 hours prior to imaging. (i.e., No Slurpee's or hot beverage on the way to your appointment.)
- ❖ Do not drink alcohol 12 hours prior to the test.
- ❖ If you are using pain medications, please avoid taking them for 4 hours prior to the examination.
- ❖ You must consult with your prescribing physician for his/her consent prior to any change in medication use such as this.

**Please note:**

During the examination you will be disrobed from the waist up for both imaging and to allow for the surface temperature of the body to equilibrate with the room. A female technician will be performing all your imaging.

- Surgical procedures such as implants, reductions, and biopsies do not interfere with infrared imaging. Breast infrared imaging is perfectly safe to have during pregnancy or when nursing.
- If you have copies of any other test results (i.e., mammograms, ultrasounds, biopsies) please bring them with you.
- The total time necessary to complete your breast thermography examination is approximately 45 minutes.
- If you have any further questions, please feel free to contact our office at 905-876-3047.

I have read and understood and will comply with the instructions stated above.

Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_