



## Patient Preparation Instructions

- For 24 hours prior to your scan – avoid heavy exercise, acupuncture, massage, sauna or steam rooms.
- On the day of your scan, please **avoid**:
  - Strenuous exercise
  - Shaving in areas to be imaged
  - Using lotions, powders, anti-perspirants, or heavy make-up in areas to be imaged
  - Sun exposure or tanning booths
  - Kidney dialysis
  - Skin brushing
- For 2 hours prior to your scan, please **avoid**:
  - Very hot or cold showers
  - Smoking
  - Heated seats, electric blankets, or other heating/cooling devices
- For best results, you should not have had a sun burn or have used a tanning booth within a week of your test.
- Please wear loose fitting clothing the day of your scan. Your scan will be delayed until irritation marks from tight fitting clothing have dissipated. Avoid wearing jewelry on the day of your scan.
- No changes in diet or medication are necessary.
- If your hair falls below your neck, please wear it pulled back or pinned up.

**Note: you must wait 3 months after major breast surgery, chemotherapy or radiation before having a breast scan, and at least 1 month after a biopsy or minor surgery, such as mole removal, for results to be accurate. For initial, baseline, or your annual breast screenings, please wait 3 months post-lactation.**

## Procedure

You will be asked to disrobe all clothing and jewelry in the areas to be imaged. We will supply you with a lightweight cover to wear for privacy while you acclimate to the room's temperature. Prior to your scan, we will review your intake form with you. Please be sure to inform us of any recent skin lesions that may affect the results. Thermal images will then be taken. Following your scan, we will review your images with you and answer any questions you may have. Your scans will be sent to a physician for interpretation. Reports are normally back within 48-72 hours and will be securely e-mailed to you (unless alternate method requested).

**You are welcome to bring a companion or partner to be present during your examination and image review.**