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## Pre-Thermographic Imaging Instructions

Welcome to Finlandia Health Technologies. Before you arrive for your breast thermogram, certain protocols must be followed in order to ensure that your images reflect accurate information. Please read the following instructions and strictly adhere to them.

- Avoid physical stimulation of the breasts (such as breast massage) for 24 hours before the exam.
- No prolonged sun exposure (especially sunburn) to the chest and breast areas 5 days prior to the exam.
- No warm or cold beverages 2 hours prior to imaging.
- On the day of the exam, please do not use any lotions, creams, powders, or makeup on the breasts, and no use of deodorants or antiperspirants.
- No shaving (or other types of hair removal) of the chest, breasts, or underarms for 24 hours prior to the exam.
- No treatment (chiropractic, acupuncture, TENS, 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 the exam.
- If bathing, it must be no closer than 1 hour before the exam.
- 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 the prescribing physician for his or her consent prior to any change in medication use such as this.**

**PLEASE NOTE:** Please note that women who are nursing need to allow 12 weeks after completion of breast feeding before coming in for imaging.

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.

**If you have copies of any other test results (e.g. mammograms, ultrasounds, biopsies) please bring them with you.** If you have any further questions, please contact us.

The total time necessary to complete the procedure is approximately 45 minutes.

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

Client Name (Print): \_\_\_\_\_ Date: \_\_\_\_\_

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