



Healing Alternatives

Checklist for a Successful Thermal Exam

Purpose of the Test

The purpose of the Thermography test is to examine selected areas to detect recognizable signs of normal or abnormal physiological activity to determine if further clinical evaluation or preventative recommendations are required.

Patient Preparation

3 Months Prior

- No Major Breast Surgery
- No Chemotherapy or Radiation
- Cease Lactation and Breast Feeding

1 Month Prior

- No Minor Breast Surgery, i.e. biopsy

1 Week Prior

- Avoid Tanning or Sunburn

24 Hours Prior

- Avoid Exercise, Massage, or Chiropractic Adjustment
- Refrain from Steam Room, Sauna, Hot or Cold Packs
- Avoid Sitting in a Hot Tub
- Reschedule if you Experience a Significant Fever

Day of the Exam

- Do Not Shave Underarms
- Avoid Using Deodorant or Creams in the Area to be Imaged

2 Hours before the Exam

- Refrain from Tobacco or Coffee Use
- Avoid Hot or Cold Liquids
- Refrain from Exercise, Bathing or Showering
- Avoid Eating or Chewing Gum if we are Imaging your Head and Neck

During the Exam



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There will be no contact with your body, no injections, radiation or fluids to drink. You will be in a comfortably cool, private room and the camera will be positioned from four to seven feet away from you as you turn to change to the necessary positions.

You will be offered a gown to wear until the imaging begins. For breast imaging you will be required to disrobe your upper body. For full body imaging, you must remove every article of clothing, other than your underwear. You be imaged by a trained Thermographer. (Please wear or bring underwear.)

A region of interest, like your head, will take about 15 minutes. A full body exam will take approximately 30 minutes plus time may be allowed to briefly review the images before you leave (no opinions or interpretations will be offered at this time).

Your images, along with your questionnaire will be sent to a trained Thermologist for interpretation. A written report, including images, will be sent or given to you when the report is complete. A copy can be sent to your doctor with a written request.

Notice Regarding Interpretation

When reading these images, we look for certain temperature findings in the breasts which may suggest elevated risk for disease. Thermal imaging provides information about current and future risk only and does not diagnose breast conditions. Thermal imaging findings should be correlated with diagnostic examinations before a final diagnosis and treatment decision is made. It does not replace any other breast examination.