



THERMAL IMAGING CENTERS O F A M E R I C A

623-243-7100

thermalimagingcenters.com

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PRE-SCAN INSTRUCTIONS

Purpose of test:

Detection of inflammation, lymphatic congestion and hormone imbalance which are the precursors to disease and dysfunction. Early detection of abnormal changes in the physiology of the entire body, including the breasts, can be seen via thermal imaging. It is possible that these changes may or may not require further diagnostic testing dependent upon the findings via the medical interpretation by our board certified thermologist.

Preparation Prior to Thermography Screening:

3 Months Prior

- No major surgery, chemotherapy or radiation

1 Month Prior

- No minor surgery or any biopsies of any kind

One week (7days) Prior

- Avoid sunburning. No tanning or tanning booth treatments

3 days Prior

- Shave any thick body hair (for men, the chest, shoulders, back, etc.) as the camera can not calibrate images through thick hair

2 days Prior

- No heavy alcohol consumption (or hangovers)
- No x-ray mammography

1 Day Prior

- No extensive exercise and avoid overheating (running, gym workout, sauna, etc.)
- No physical therapy, chiropractic treatments, acupuncture, massage, diathermy, electrical muscle stimulation (EMS), nerve stimulation (TENS), or heat/cold therapies

After Midnight Prior

- No alcohol consumption
- If possible, wait until after your thermal scan to take any prescription medications, especially blood pressure or circulation medications. If you have any questions, please consult with your primary care physician

Day of

- No exercising
- No lotions, powders or creams (including hormone creams)
- No deodorants or antiperspirants

4 Hours Prior

- No supplements or non prescription medications (especially cold remedies and niacin)
- No very spicy foods

2 Hours Prior

- No smoking or use of nicotine delivery products (snuff, gum, patches, electronic cigarettes, etc)
- No caffeine or nicotine

1 Hour Prior

- No eating or drinking anything
- No breastfeeding

Actual Procedure:

- Please wear loose clothing with hair pulled back
- You will be asked to disrobe and uncover the areas we will image.
- Please identify if you have any lesions, bruises, rosacea or any skin disorders
- To receive accurate results, the equilibrating time is 15 minutes and the temperature will be 68-72 degrees.
- You will be asked to disrobe according to the type of scan we are performing
- Reports are generally received within 5-7 days after your initial visit
- Please print and complete the following two patient in-take forms and bring them to your appointment

We look forward to seeing you!