

## PRE-EXAMINATION INSTRUCTIONS

By carefully following the instructions below an accurate reading can be obtained at the time of your screening:

- No prolonged sun exposure (especially sunburn) to the chest and breast areas 5 days prior to the exam.
- 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.
- No physical stimulation of the breasts 24 hours prior to exam.
- 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 prior to the exam as possible.
- No hot drinks 4 hours prior to the exam.
- If you are using pain medications, please avoid taking them for 4 hours prior to the examination, especially vasoactive drugs, if not contraindicated by your physician.  

Vasoactive drugs are pharmaceuticals that either dilate or constrict blood vessels within the body. These are generally prescribed for heart conditions.
- **Please consult with your prescribing physician for consent prior to any change in medication use such as above.**
- Have you had radiation treatments in the last six months?

Additional information to go on the right side of the page in narrow column:

Surgical procedures such as implants, reductions, and biopsies do not interfere with infrared imaging.

Breast thermography is perfectly safe to have during pregnancy or when nursing.

The procedure may also be preformed during any part of the menstrual cycle without effecting the interpretation of the images.