



Please follow these preparation instructions for your breast thermography screening:

Wait at least three (3) months after breast surgery, including any biopsies and completing chemotherapy or radiation before a thermography screening.

- Avoid any natural or artificial tanning of your chest for two-three (2-3) days prior to the screening.
- You must not have had any fever within thirty-six (36) hours of your thermography.
- Avoid ultrasound, mammogram, breast stimulation and clinical physical examination of the breasts for at least three (3) days prior to screening.
- Make sure there are no bruises, rashes, or skin irritation in the breast area on the day of the study.
- No hot yoga, sauna, steam-room or hot/cold packs in contact with the breasts for at least twenty-four (24) hours.
- With your doctor's permission, avoid use of the following medications for twelve (12) hours prior to the examination: Nitroglycerin, Niacin, Niacin patch, or any migraine medications (500milligrams or more)
- **No exercise, bathing, or showering for one hour prior to your thermography.**
- **No deodorants, creams, powders or lotions that may cause an inflammation in the breast area on the day of your screening.** You can bring them with you and apply after your therm.
- **Don't smoke or drink caffeinated beverages or products for two (2) hours prior to your screening.** This includes energy drinks/shots.
- If you currently are using a nicotine patch or any gum containing nicotine please call our office for further instructions.
- If you are exposed to outside environmental extremes, such as very cold or warm temperatures, we will ask you to acclimate to room temperature for about fifteen to twenty (15-20 minutes) before your screening.
- Breastfeeding? Please empty your breasts thirty to sixty (30-60) minutes before your appointment.
- Please refrain from bringing in any beverages with you on the date of your appointment.
- Wait three (3) weeks after a laser hair removal treatment, for under the arms, before you have thermography.

I have read and followed the above instructions.

Name _____ **Date** _____