

Thermography Prep Instructions

How Do You Prepare for Your Appointment? There are activities and products that can affect the outcome and accuracy of your thermal images. Please carefully review the following restrictions:

3 MONTHS PRIOR TO SCAN, AVOID:

- Surgery: including biopsies, colonoscopy with polyp removal, laparoscopies, etc. (if in the area being imaged)
- Steroid treatment (shots or oral)
- Post-lactation/weaning
- Ablation: heart, prostate, uterine, etc. (if in the area being imaged)
- Cryoablation (if in the area being imaged)
- Cryotherapy
- Radiation therapy
- Chemotherapy
- Black salve (if in the area being imaged)

1 MONTH PRIOR TO SCAN, AVOID:

- Routine colonoscopy without any surgical treatment (if in the area being imaged)

1 WEEK PRIOR TO SCAN, AVOID:

- Sunburn or tanning (if in the area being imaged)
- Laser hair removal (if in the area being imaged)
- Chemical peels or Botox (if in the area being imaged)

48 HOURS PRIOR TO SCAN, AVOID:

- Facial (if in the area being imaged)
- Topical steroids (if in the area being imaged)

24 HOURS PRIOR TO SCAN, AVOID:

- Shaving (if in the area being imaged)
- MEN: Please shave any facial or excessive body hair the day before your scan, as the thermal imaging is obscured by hair. This needs to be done the day prior to your scan to allow any irritation to calm down before imaging takes place.
- Any imaging or physical treatments, such as: chiropractic, acupuncture, massage, TENS, physical therapy, electrical muscle stimulation, ultrasound, x-ray, mammogram, sauna, hot yoga, hot or cold pack use, etc.
- Medical adhesives removed: i.e. heart monitors, bandages if possible (if in the area being imaged)
- Massage therapists or other professions requiring repeated rubbing to an area being scanned: Please schedule your appointment early in the day before work begins.

DAY OF SCAN, AVOID:

- Alcohol
- Topical products: Makeup, lotion, powder, oils, essential oils, creams (if in the area being imaged)
- Please wear your hair up
- Avoid using seat warmers in your vehicle for an extended period, as this will make your back abnormally hot on your scan.

4 HOURS PRIOR TO SCAN, AVOID:

- Strenuous exercise
- Some medications (such as those for arthritis or pain) can reduce swelling and/or inflammation and may not give an accurate reading. Please avoid taking them within 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.

2 HOURS PRIOR TO SCAN, AVOID:

- Smoking
- Caffeine

1 HOUR PRIOR TO SCAN, AVOID:

- Hot, ice cold, or spicy food and beverages
- Remove deodorant (if in the area being imaged)
- Bathing or showering

About the Visit - What You Can Expect

When you arrive, you will be taken to the thermography room and given a gown to change into. For Full Body scans, you will need to remove all clothing and jewelry, including underwear if possible. For other scans, you will only need to remove clothing and jewelry for the area(s) being scanned.

Next, the certified thermographer will create a comfortable, respectful environment where she guides you through the process of scanning the areas necessary, after you have removed the gown. This is all done either sitting or standing and without any contact to the body.

Once the scanning is complete, you will be able to get dressed and complete your checkout process. Your health history forms and thermal images are then sent to the board-certified thermologist who will interpret your images and send back your interpreted report for us to upload into your Client Portal and send to your doctor, if you requested that.

The length of your appointment is determined by the number of regions being scanned and ranges from 15-50 minutes.

Receiving Your Report

All reports include the written interpretation from the medical thermologist along with your thermal images. Reports are uploaded to your Client Portal within 7-10 business days. We offer an Urgent Fee of \$35 should you want your results within 24 hours (48 hours for any satellite clinic location); please note that urgent reports are not processed over weekends, so they may be uploaded on a Monday.

Once you have received your results, we recommend you schedule a complimentary Report Review, which is provided by phone. This is when the thermographer reviews your report with you and ensures you fully understand the results and receive recommended next steps.