

Pre-Examination Instructions

Preparation Guide for Breast Thermography

Please bring in your completed paperwork to your appointment, otherwise arrive 10 minutes early to complete the proper forms

Thermography is infrared photography and heat sensitive only. We want your body temperature to be as normal as possible. Preparation for your scan is simple but extremely important. Before Your appointment, please follow instructions carefully to ensure valid results:

For Several Days Preceding your Appointment

Please Avoid:

- Prolonged exposure to the sun
- Tanning beds
- 24 hours prior - No tanning or air travel
- If you have a cold starting or lingering, please call to discuss possibly rescheduling
- No dental procedures 3 days prior to your test
- Women can not be tested during the first or second day of their menstrual cycle
- Refrain from acupuncture, chiropractic, massage, bio-energetic and homeopathy treatments

Morning of the Thermography Appointment

Avoid foods, drinks and activities that evoke a strong reaction from your nervous system.

This means :

- No shower or bath
- No exercise
- No smoking or alcohol at least 24 hours prior to appt.
- No make-up, lotions, creams, perfumes, colognes, after-shave
- No very hot or cold drinks, no caffeine or soda

- Take only medication that you cannot go without
- Eat a light breakfast and come to your appointment well hydrated (12–16 oz water morning of appt.)
- Tooth brushing is ok – use room temperature water and non-mint toothpaste or baking soda
- Turn off cell phone or leave in car during test
- Accupuncture, Massage, Chiropractic Adjustments, Physical Therapy or Cryotherapy (these may be scheduled following your thermography appointment)
- Please do not use or lie on a PEMF/Bemer mat
- The application of deodorants, antiperspirants, lotions, creams, liniments, powders, cosmetics or perfumes to all relevant areas of the body
- Shaving (applies to men and women, please do so the day before your appointment)
- For any scheduled imaging that will include the Head/Neck, brush teeth lightly the morning of screening and avoid vigorous brushing of the gums.

What to Wear:

- Please wear loose fitting clothing the day of your appointment. Scanning will be delayed until skin impressions or irritations from tightly fitting clothing have dissipated.
- Women should avoid wearing an underwire bra on the day of their breast scan.
- A gown will be supplied for your upper body during the cooling down period when you arrive.
- You will be disrobing down to underwear for a full body scan or from the waist up for a breast scan. Speedo type undergarments, thongs, or briefs are best during full body scanning.
- Remove all jewelry. Long hair should be pinned up. Your hair will need to be tied up as well above your shoulders during the exam and cooling down period.
- Remove eyeglasses 15 minutes before exam

Two Hours Prior to Your Appointment:

Please avoid the following:

- Smoking
- Caffeine

- Alcohol
- Vigorous exercise
- Chewing gum (Head/Neck imaging only)

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

Breast infrared imaging is perfectly 100% safe to have during pregnancy or when nursing.

The Exam:

An exam typically takes between 15 -45 minutes to perform.

You will be given a lightweight gown to change into while you acclimate to the ambient temperature of the examination room. If you have not already filled out a medical history questionnaire, you will fill it out at this time. The thermographer will review your medical history and demonstrate the required views and positioning necessary for your exam. How the test will feel:

The test takes place in a relaxed, peaceful & private room. The room air may feel cool as we adjust to room temperature before scanning but you will be lightly robed during the cooling process (about ten minutes).

During the examination you will disrobe from the waist up for both imaging and to allow for the surface temperature of the body to acclimate with the room.

A female technician will take your images. Obtaining a thermographic image is like having your picture taken. There is no direct contact between you and the camera. There is no radiation, no injection, nothing to drink. The procedure is totally non- invasive and the camera does not emit radiation of any kind.

The Report

Your information is then uploaded through a secure server and assigned to a medical doctor for final interpretation. This process is similar to sending your x-rays to a radiologist for interpretation. Once we receive the report, we then forward a copy directly to you and any other health care practitioner requested. If you have any questions or concerns once receiving your results, we are always available to consult with you.

A color printed report and images are generally available within 3–7 business days. A single copy of your printed report will be mailed to your referring healthcare provider, or directly to you if you are self-referred.

Dr. Gregory Melvin is trained and certified to interpret thermograms by the American College of Clinical Thermography. Dr. Melvin will analyze the results and make recommendations as to how you can go about bringing your body back into balance and prevent further dysfunction.

While participation in a DITI early detection program can increase your chance of detecting and monitoring breast disease, as with all other tests, it is still not 100% guarantee of detection.

We look forward to seeing you and providing your thermography services. If you need to change your appointment, please call(440)708-3333, at least 48 hours before your scheduled appointment time as a courtesy to others and to avoid a missed appointment fee.

- **Please note that if you had breast surgery, chemotherapy or radiation in the past 3 months, please contact us to reschedule your appointment.**