



Pre-examination Instructions

Please follow these instructions carefully so that accurate heat readings can be obtained the day of your thermographic examination:

- Do not use deodorant or antiperspirant on your underarms the day of the exam.
- Do not use lotions, creams, powders or makeup on the upper body the day of the exam.
- Shaving of the underarms should be done no later than the evening before the exam.
- No sunbathing of the area to be imaged 5 days prior to exam.
- Do not exercise or have sexual activity 4 hours prior to exam.
- If bathing, do not bathe or shower in HOT water 4 hours prior to exam.
- Do not drink any hot drinks 4 hours prior to the exam.
- Do not drink coffee, tea, soda or other beverages containing caffeine 4 hours prior to exam.
- No physical therapy, EMS, TENS, ultrasound treatment, acupuncture, chiropractic, physical stimulation of breasts, hot or cold pack use 24 hours prior to exam.
- If not contraindicated by your physician, avoid the use of pain medications and vasoactive drugs the day of the exam.
 - Vasoactive drugs are medicines which can either dilate or constrict blood vessels within your body. Generally these are prescribed for cardiac conditions. If you have questions on whether or not the drugs you are taking are considered vasoactive, please consult with your physician.
- Please inform us if you have had radiation treatment within the last 6 months.