

BREAST PRE-EXAMINATION INSTRUCTIONS

In order to ensure that your images are diagnostic, the following instructions must be adhered to:

- Do not wear restrictive clothing such as a bra to the exam.
- No prolonged sun exposure (especially sunburn) to the breasts 5 days prior to your exam.
- No use of lotions, creams, powders, or makeup on the breasts the day of the exam.
- No use of deodorants or antiperspirants the day of your exam.
- No physical stimulation (sexual or otherwise) or treatment of the breasts for 24 hours before the exam.
- No exercise 4 hours prior to your exam.
- No shaving on the day of the exam to avoid skin abrasions.
- 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 before the exam as possible.
- No smoking or drinking alcohol 12 hours before imaging.
- No warm or cold beverages 2 hours prior to the exam.
- No chiropractic, acupuncture, massage, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use of the neck, back, chest or breast for 24 hours before the exam.
- If you are using pain medications, please avoid taking them for 4 hours prior to the exam. Consult your prescribing physician for consent prior to any change in medication use such as this.
- Tie your hair up and **do not wear jewellery** around the neck area (just for the imaging).

Please note:

- 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.
- 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.
- If you have copies of any other test results (mammograms, ultrasounds, or biopsies), please bring them with you.
- The total time necessary to complete a breast thermography exam is approx 30 min.
- You will be requested to sign a thermography consent form before proceeding with imaging.
- Please call our office if you have further questions: 780-417-1799.

Visit www.thermographyclinic.com for further information regarding the thermography imaging process.