

Pre-Thermographic Instructions

Welcome to our office. Before you arrive for your thermographic examination, certain protocols must be followed in order to ensure that your images reflect accurate information. Please read the following instructions and adhere to them as closely as possible.

- No prolonged sun exposure (especially sunburn) to the body areas being imaged 5 days prior to the exam. (this includes the upper chest for breast scans).
 - No use of deodorants, lotions, creams, powders, or makeup (no facial makeup for full body or upper body scans) the day of the exam.
 - No shaving of the areas to be imaged the day of the exam. (For breast scans this means no shaving under arms).
 - No treatment (chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use) or physical stimulation of the areas to be imaged for 24 hours before the exam.
 - No exercise 4 hours prior to the exam.
 - If bathing, it must be no closer than 1 hour before the exam.
 - If you are using pain medications, please avoid taking them for 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.**
- If you are scheduled for a breast thermogram, the same protocol above applies along with no physical stimulation of the breasts for 24 hours before the exam, and if you are nursing please try to nurse as far from 1 hour prior to the exam as possible.

Please note: During the examination you will be disrobed (from the waist up for breast exams, and buttocks exposed for lower body exams) during part of the examination for both imaging and to allow for the surface temperature of the body to equilibrate with the room.

We have enclosed a health history form(s) for you to fill out before arriving for your examination. If you have ANY questions, please call Donnamarie at 415-299-0396.

Thank you for choosing our office and we look forward to meeting you.



Center for Integrative Medicine

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