

# Protocols for Thermal Imaging

Revision 1.2 - November 2021

## **Patient Preparation:**

Thermal imaging is a heat sensitive test. Anything that creates heat should be avoided prior to testing. Excessive metabolic activity, friction, or any of the activities listed below which will alter heat readings.

### **1 Month Prior:**

- No minor breast surgery, i.e. biopsy
- We may still perform testing after biopsy. Write this in your intake form.

### **1 Week Prior:**

- Be cautious of too much sun exposure in order to avoid sunburn.
- Scans will have to be rescheduled if the patient has a sunburn of any sort.

### **48 Hours Prior:**

- For best results, men should shave facial hair and excessive back hair.
- Avoid all tanning and limit sun exposure.

### **24 Hours Prior:**

- Avoid chiropractic care, massage therapy, or acupuncture.
- No saunas, steam baths, hot tubs, heating pads, or hot water bottles.
- No analgesic creams or balms.
- Do not shave underarms (should be done prior).
- Please reschedule if you are feeling feverish or ill in any way.
- Refrain from sexual activity.

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### **Day of Exam:**

- Do not use creams, lotions, cosmetics, ointments, deodorant, antiperspirants, powders or any other skin product.
- Please bring a hair tie to remove hair from your forehead and back of neck.
- Remove all piercings and jewelry prior to exam, unless unable to.

### **4 hours prior:**

- **Women - do not wear a bra for the 4 hours leading up to the exam**
- Avoid hot showers or shaving
- Avoid physical therapy or exercise
- No coffee, tea, soda, or other beverages containing caffeine. No alcoholic beverages
- Do not smoke cigarettes or use any product which contains nicotine
- Do not use a seat warmer

### **2 hours prior:**

- Avoid hot or cold liquids
- Avoid eating or chewing gum
- Avoid using a cell phone to ear. You can still text, use the speaker, and GPS
- Do not use a smart watch.

### **Prior to and During Exam:**

- Please inform us if you have a hot flash during the session
- Try to relax prior to and during the exam. Stress will affect your exam