

Early Screen Thermography @ Integrative Wellness Center, LLC

INSTRUCTION AND PREPARATION CHECKLIST for BREAST IMAGING Please bring this completed form to your appointment

Name: _____
Please print

PAPERWORK: Please complete all paperwork prior to your arrival and bring them with you to your appointment. Be sure to answer each question and do not leave any blanks, as the history form is a important piece of information for the doctor who will be interpreting the report.

It is **very important** to follow the instructions carefully to insure your thermogram is accurate. If you are unable to follow any of the instructions listed below, please call the office prior to your appointment to receive further instructions. Thank you for your cooperation in our efforts to obtain the most accurate scan for you. Please check the boxes below acknowledging you have read and complied with the instructions.

- I have not had a mammogram, physical breast exam, or any medical procedure or exam involving the breasts, including chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use, massage therapy, analgesic creams or balms or used magnets for 24 hours prior to my examination.
 - I did not bathe, shower or soak in VERY HOT water, for at least 4 hours prior to my examination, including SAUNA or HOT TUB use. (A warm, comfortable shower or bath at least 1 hour prior to exam is fine as long as you do not come to your appointment flushed from excessive hot water exposure.)
 - I am not sunburned, have not been tanning for 72 hours prior to exam, and do not have a fever today.
 - I have avoided shaving underarms and chest and other forms of hair removal, and SEXUAL ACTIVITY involving direct stimulation to the breast and nipples for at least 24 hours prior to my exam. (Please note that underarm hair decreases the clarity of the images. If you choose to shave please do so at least 12 hours before your exam.)
 - Today, for **BREAST** scan, I am NOT using creams, lotions, deodorants, antiperspirants, talcum powder, essential oils or any other skin product/s on my neck, chest or underarms.
 - Today, for **FULL BODY** scan I am NOT using any make-up, creams, lotions, deodorants, antiperspirants, talcum powder, essential oils or any other skin product/s on my face, neck, chest or underarms.
 - I did not perform any rigorous exercise program for at least 4 hours prior to my examination.
 - I did not drink **CAFFEINATED** beverages (coffee, tea, soda, energy drinks or other beverages containing caffeine) and have not used **ALCOHOL** for at least 2 hours prior to exam.
 - If I am nursing a child, I nursed evenly on both sides for the 4 hours prior to my scan.
- You must wait at least 4 weeks after having a fine needle or core biopsy of the breast before a thermogram can be performed.
 - You must wait at least 8 weeks after having a lumpectomy or surgical biopsy of the breast before a thermogram can be performed.
 - If you have had any surgical procedure within the last 12 weeks, please notify our office before coming in for your appointment.

I certify that I have complied with the above guidelines and have checked off each box indicating I have complied with all of the above. I understand my appointment may need to be rescheduled if any of the above has been compromised. (A \$25 rescheduling fee may apply.)

Although research shows thermography to be very effective, no one test is 100% accurate. We encourage you to talk with us about additional/other forms of breast health screening available.

Patient signature (at time of appointment)

Date