

THERMOGRAPHY

Preparing For Your Test

Thermography units measure heat from the surface of the body; therefore the following are some things to avoid and rules to follow prior to your test...

Note: Thermography can be utilized safely on men, women and children of all ages and health conditions, during pregnancy, while nursing, during the menstrual cycle and on woman with breast implants or any other previous surgery.

Pre-Screening Requirements

- Wait at least 4 weeks after a needle biopsy before a thermogram image is taken in that area.
- Wait at least 8 weeks after an incisional biopsy before a thermogram image is taken in that area.
- Wait at least 3 months after any radiation before a thermogram image is taken in that area.
- Nursing mothers: try to feed the baby at least 1 hour before screening.

5 Days before screening:

- Avoid sun exposure and indoor tanning

24 Hours before screening:

- Avoid treatments and tests such as EMG, TENS, physical therapy, chiropractic adjustments, deep heat treatments, hot/cold packs, acupuncture, etc to any body part.
- Do not drink alcohol
- Avoid clinical physical stimulation, examination or compression of the area being imaged (self or clinical examination, x-ray, ultrasound or mammogram)
- Do not shave or use other types of hair removal on the area being scanned (Note: You may trim any excess hair with scissors).
- If you've had a fever in the last 36 hours, your screening will need to be rescheduled.

DAY of screening:

- Do NOT bathe or shower
- Do NOT wear any skin preparations: make-up (if face or neck will be imaged), skin creams, lotions, perfume, powders, deodorant
- Do NOT exercise
- Avoid sauna and/or steam-room
- Wear loose fitting clothes and refrain from wearing a bra to the screening

What to expect at your appointment:

Upon arrival, you will be placed in the exam room for 15 minutes to allow your body temperature to adjust to the room temperature. During this time you will also be asked to remove any clothing/jewelry, glasses, etc. in the areas to be scanned. The technician will then enter the room and use a computer and infrared camera to scan the necessary areas of the body using thermal heat imaging. This could take anywhere between 5 – 35 minutes depending on the number of images needed. Once the analysis of your images is complete, we will contact you to schedule an office visit to discuss the findings.

Insurance:

Check with your insurance company to see if Thermography is included in your coverage plan. Back To Health Center is out of network with all insurance companies and full payment is due at time of service. Medicare does not cover Thermography.

I have read and agree to follow all of the above instructions prior to my thermography screening.

Print Name: _____

Signature: _____

Date: _____