

# **Thermal Breast Imaging Pre-exam Patient Instructions**

## **Before your exam:**

Avoid physical stimulation of the breasts and back such as breast massage, acupuncture, physical therapy or chiropractic treatments for 24 hours before the exam.

## **The day of your exam:**

Avoid exercise for 4 hours prior to the exam

Do not smoke for 2 hours before the exam

Do not drink hot beverages for 1 hour before the exam

Do not take a hot shower within 1 hour prior to exam

Do not nurse sooner than 1 hour before the examination

Do not use lotions, powder, or anything else on the breasts

Do not use makeup on your face, throat or chest

Do not use deodorant or antiperspirant

Do not shave the armpits

Do not use seat warmers in your car on the way to your appointment

**Note:** If there is a recent sunburn or skin burn of any kind, the examination cannot take place. If you are very cold sensitive, bring or wear warm coverings from the waist down. The imaging room temperature is around 68-70 degrees. You will acclimate in the room for 15 minutes prior to the test.

## **Please bring with you:**

A list of all medications you are currently taking.

Any prior examination reports that describe a breast finding you are concerned about.