

Patient Instruction Sheet

Please read the following at least two days prior to your appointment, and adhere to these instructions as closely as possible.

- No prolonged sun exposure (especially sunburn) to the body areas being imaged 5 days prior to the exam.
- No use of deodorants, lotions, creams, powders, or makeup. **No facial makeup** for full body or upper body series the day of the exam. (Facial makeup is allowable if **only** a breast series is being imaged.)
- No shaving of the areas to be imaged the day of the exam.
- 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 smoking within 8 hours of the exam. (To maximize your convenience, we can arrange your appointment early in the morning, prior to smoking.)
- No exercise 4 hours prior to the exam.
- No bathing within 1 hour of 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.** Please contact us with any concerns or conflicts.
- **NOTE:** If your services include breast thermography, the same protocol above applies along with no physical stimulation of the breasts for 24 hours before the exam. This includes intimacy involving contact with a partner. If you are nursing, please try to nurse a minimum of 1 hour prior to the exam. Feel free to arrive at our center without wearing a bra, as the constriction can slow the acclimation process and must be removed for the entire procedure.

Please feel free to bring a friend(s) or family member(s) with you. They are welcome to join you as you proceed through your procedure, which may last about an hour.

Finally, if you have copies of any other test results (i.e. mammograms, blood tests, x-rays) please bring them with you so that we may document this information for the interpreting doctor.

Please feel free to call our office with any questions