



Preparation for Breast Thermal Imaging

3 Months Prior	No major breast surgery, chemotherapy, radiation. No lactation.
1 Month Prior	No minor breast surgery. No biopsies.
1 Week Prior	Avoid tanning, sun bathing, acupuncture and mammography.
24 Hours Prior	No massage, chiropractic adjustment or bimanual breast exam. Refrain from steam rooms, saunas, hot tubs, hot or cold packs.
Day of the Exam	Do not shave under arms. No dry/body brushing of areas to be imaged.
2 Hours Prior	No bathing, showering or strenuous exercise.
Travel to Exam	It is okay to use AC/heater in the car on the way to the appointment as long as the vents are not blowing directly on the areas to be imaged.

During the Exam

Please avoid touching any body parts that will be imaged. You will undress from the waist up and be given a loose robe to wear, which will be removed during the imaging. The room temperature is kept between 68-72 degrees. There is no direct contact from the camera with your body – the camera is positioned approximately 3-8 feet from you during the imaging. Please plan on being with us for approximately 30 minutes as this includes time to complete health history forms in the exam room while your body is acclimating to the room temperature.

Reporting

Your images and questionnaire will be sent to a physician for interpretation who is specially trained to read thermal imaging. A written report, including images, will be mailed to you and a copy will be kept at our office in your confidential medical record.

Notice Regarding Interpretation

Image interpretations review temperature findings in the body, which may indicate response to disease. Thermal imaging provides information about current and future risk only and does not diagnose disease. A cancer diagnosis can only be made with biopsy. Statistically 80% of all breast biopsies, done because of an abnormal mammogram, are negative. Therefore, a positive finding on thermal imaging does not mean you have breast cancer, just like a positive finding on a mammogram does not. Thermal imaging is a screening test and findings should be correlated with other diagnostic examinations before a final diagnosis and treatment decisions are made. Thermal imaging does not replace other diagnostic examinations.