

About Your Health Thermography Pre-Visit Instructions

If you get a vaccination, you must wait 4 weeks before getting a thermogram in order to limit false positive thermography results.

3 Months Prior to Exam

No major surgery in area being imaged

No radiation therapy

Women: cease lactation, breast feeding and pregnancy

1 Month Prior

No minor surgery to area being imaged (i.e. Biopsy)

1 Week Prior

Avoid strong sunlight or tanning session (especially sunburn)

24 Hours Prior

No treatments: Chiropractic, Mammogram/X-ray, Acupuncture, Massage, Dialysis, Physical Therapy, Electrical Muscle Stimulation, Steam Room, Sauna, Hot or Cold Pack Use.

On the day of your Exam:

Do not have any caffeine, coffee, tea, soda, chocolate

No lotions, powders or oils on the areas to be imaged.

No make-up (**if doing a Full Body or Half Body that includes your head**)

No deodorant or antiperspirant

No shaving of areas to be imaged

2 Hours Prior

No smoking

1 Hour Prior

No bathing

No hot or cold food or beverage (room temp is fine)

What to wear

Loose fitting clothes, No jewelry, Hair should be pinned up, No underwire bra

About Your Health

120 Kaminer Way Parkway, Suite J

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(803)798-8687 aboutyourhealthsc.com

Thermography: Digital Infrared Thermal Imaging (DITI):

The major basis of clinical thermography is the correlation of temperature recordings with various conditions from disease and injury as it relates to autonomic function. The camera system is sensitive to infrared radiation rather than visible light. The images produced are called thermograms.

Purpose of test: To detect abnormal changes in the breast or other area of the body which may require further diagnostic testing.

Disrobing: You will be asked to remove your clothes and jewelry. Put on a surgical gown supplied by us. Inform your Thermographer if you have had any recent skin lesions on your area to be scanned; the inflammation can cause a false positive result.

How the test will feel: The number of people involved in the procedure will be limited to protect your privacy. The room air may feel cool while you adjust to room temperature before scanning. Any apprehension about the sophisticated thermography equipment is soon dispelled, the procedure is totally non-invasive, the camera never touches you, and does not emit radiation of any kind.

Test results: Test results are determined by studying the varying patterns and temperature differentials as recorded in the thermogram. We contract with a professional thermology group, Electronic Medical Interpretation (EMI), to interpret the thermograms. The results will be emailed to you once we receive them in approximately 4 to 10 days.

You are welcome to bring a companion or partner to be present at the examination.

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