

## Thermal Breast Imaging Pre-exam Patient Instructions

### **Before your exam:**

1. 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:**

1. Avoid exercise for 4 hours prior to the exam.
2. Do not smoke for 2 hours before the exam.
3. Do not take a hot shower within 1 hour prior to exam.
4. Do not nurse sooner than 1 hour before the examination.
5. Do not use lotions, powder, or anything else on the breasts.
6. Do not use deodorant or antiperspirant.
7. Do not shave the armpits.

**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 21 degrees C (between 68 and 70 degrees F). You will acclimate in the room for 15 minutes prior to the test.

### **Please bring with you:**

1. A list of medications you are taking.
2. Any prior examination reports that describe a breast finding you are concerned about.