

Northeast Thermography Medical Imaging Center

Cutting Edge Technology for Early Disease Detection

Pre-Study Instructions

Since thermography maps the heat patterns of the skin, we want to make sure that your activities do not alter skin temperature or block the heat radiated from the body. Shaving, and anything that you apply to the surface of the skin changes the temperature that the imaging camera sees and will affect the accuracy of the results. Therefore, we ask you to follow these instructions prior to having your thermal study.

For Both Women and Men:

- **72 Hours Prior to Your Study:**
 - No tanning (natural or artificial)
 - You must avoid any vigorous physical stimulation, examination or compression of the breasts (self or clinical examination or mammogram) for at least three (3) days prior to your study.
 - You must not have had a significant fever (102° or greater)
- **48 Hours Prior to Your Study** – If you normally shave, please refrain from shaving. Razor burn is a real thing and affects the temperature of the skin.
- **24 Hours Prior to Your Study** – Avoid the use of saunas or steam rooms
- **The day of Your Study**
 - Do not use antiperspirant or deodorant on the day of your study
 - Do not wear makeup or apply lotions or creams to your body.
 - There should be no new bruising, rashes or skin irritation on your breasts or under arm area on the day of your study.
- **2 Hours Before Your Study** - Avoid tobacco or caffeinated coffee or tea
- **1 Hour Before Your Study** - Avoid vigorous exercise, bathing or showering

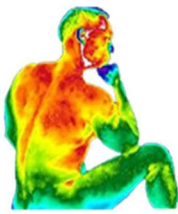
If applicable, with your physician's permission, please do not use the following medications for twelve (12) hours prior to your study.

- Niacin or a Niacin patch (500 milligrams or greater)
 - Nitroglycerine
 - Any migraine medication
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- Necklaces and bracelets will need to be removed before the study. Rings are generally OK.

(Over Please →)

2 Chelsea Place, Clifton Park, NY 12065
518-983-6564

www.medthermography.com



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For Women Only:

- In general, you should wait three (3) months after any form of breast surgery (including biopsy), after the completion of a course of chemotherapy or radiation before doing your study.
Exceptions can be made on a case-by-case basis. Call the office to discuss options.
- If you are breast feeding, please empty your breasts 30-60 minutes prior to your study.

**If you have any questions, please call the office at:
518-983-6564.**

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