



T E N P E N N Y

INTEGRATIVE MEDICAL CENTER

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Thermogram Instructions

Congratulations on taking pro-active steps regarding the health of your breasts! Before your Thermogram, certain protocols must be followed to ensure your images reflect accurate information. These restrictions are advised to prevent overheating of the body and to limit increased blood flow and circulation to the breasts. The goal is to keep stimulation to a minimum prior to your scan to obtain the most accurate information.

Five days before your scan: No prolonged sun exposure or tanning booth activity. Sunburn to the chest would preclude the exam.

Within 2-3 days before your scan: Do not schedule your Thermogram during menstruation or within 2-3 days before the start of your cycle. Estrogen stimulation and circulation are highest during those times.

Within 24 hours of your scan: No mechanical treatment or stimulation to the neck, back, chest or breasts. This includes chiropractic adjustments, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use. Also refrain from yoga, sauna, steam rooms.

Day of your scan: No caffeine or coffee. **Do not stimulate the breast tissue** by using any lotions, creams, powders. Do not shave under your arms. Do not use roll-on deodorants or antiperspirants. Spray deodorants are acceptable. For your comfort we recommend that you wear loose fitting clothing if at all possible.

4 hours before your scan: No exercise or strenuous physical activity. If you are using anti-inflammatory medications, please do your best to avoid taking these drugs before your examination: Aspirin, Advil, Aleve and Ibuprofen.

12 hours before you scan: Avoid niacin patch, nitroglycerin

2 hours before your scan: No smoking and nicotine patch

1 hour before your scan: Do not bathe, drink, or eat food.

If you have shoulder length or longer hair please bring something to pull the hair off your neck.

It is best to wait until you have stopped nursing for at least three months before getting a Thermogram. The exception is if you are having problems that suggest an infection or mastitis. Thermography can be very helpful under these circumstances. Please empty the breasts 60 minutes prior to scan.

It is best if you wait at least 3 months after breast surgery, including biopsies, the completion of chemotherapy, or radiation before scheduling your thermogram.

There should be no bruising, rashes, or skin irritation in the breast area on the day of your scan.

Your exam will require you to disrobe from the waist up for 15 to 20 minutes prior to the exam. This allows time for your skin's surface temperature to equilibrate to the room's cool temperature. Please wear comfortable, loose fitting clothing. Please advise the technician if you have Raynaud's disease in your hands or other reasons why your hands should not be submersed in cold water for one minute. Your feet can be used as a substitute.

If you have had a mammogram, ultrasound or biopsy within the last two years, please make an effort to obtain a copy of the WRITTEN report from your doctor and bring the report with you to the FOLLOW UP appointment. You do not need to bring the report to the initial Thermogram appointment.