



Instructions before your THERMAL SCAN appointment:

Welcome to Illinois Thermography!

Thermal Imaging is a heat sensitive test. Anything that creates heat/cold should be avoided. Before you arrive for your thermal scan screening certain protocols are essential to be followed in order to ensure that your images reflect accurate information. Please read the following instructions and adhere to them.

Client preparation

3 month prior

You must **wait** at least **three (3) months** after pregnancy, breast feeding, breast surgery, including any biopsy, lumpectomy, the completion of chemotherapy or radiation before a thermography screening.

~1 week prior

No prolonged sun exposure/sunburn.

48 hours prior

Avoid all tanning, sun exposure

Last day to shave underarm if possible.

24 hours prior

No treatments - chiropractic, acupuncture, TENS, massage therapy, physical therapy, electric muscle stimulation, ultrasound, hot or cold pack use, sauna.

No physical stimulation of the breast.

The day of Exam

No use of deodorant. Lotions, creams or makeup (upper or full body scan).

No vigorous exercise, coffee, alcohol, spicy food, tobacco/smoke **4 hours** before your appointment.

No excessively hot/steam baths or showers **2 hours** before.

No dry brushing on the day of your scan.

Do not chew gums especially if the head and neck included in your scan.

No fever.

Please wear loose cloth, no bra if possible before you come for the scan.

While driving to the office no direct heat or A/C should aim to your body, no carseat heating please.

Please wait **2 weeks** after **vaccination** if there are no reactions/symptoms.

If you get vaccinated after your first baseline and no reactions/symptoms(4 weeks) you can come back in 3 month for your second baseline/follow up scan.

If you have any reactions/symptoms after vaccination please wait 3 month after the end of symptoms.

Note: During the examination you will be disrobed from waist up for breast screening. Your buttocks will be exposed for abdomen or lower body exams. A female technician will provide the screening.

Thank you,

See you soon!

Eniko Fodor, CCT

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