



Thermal Imaging Pre-Exam Instructions

Patient _____ Date _____

It is very important that you strictly adhere to these instructions carefully to insure your thermographic examination is accurate. If you cannot follow any of the protocols listed below, please call the office 48 hours prior to your appointment to discuss the matter and receive further instructions. Thank you for your cooperation. Please check any items that you were unable to follow.

- 1** - You cannot be sunburned or have a fever at the time of your examination. Avoid prolonged sun exposure for five days prior to your exam.
- 2** - Do not bathe or shower for at least 1 hour before your exam.
- 3** - Do not shave your underarms for 24 hours. If having a lower body exam, do not shave your legs for 24 hrs.
- 4** - Do not wear deodorant the day of your exam.
- 5** - Do not use cream, lotion, powder, perfume or other skin products 24 hours before your exam unless instructed by a physician.
- 6** - Do not perform any rigorous exercise program for at least 4 hours prior to your exam.
- 7** - Avoid any physical stimulation or treatment 24 hours before your exam including chiropractic care, physical therapy, acupuncture, massage therapy, magnets, poultice, ultrasound, hot or cold packs, etc.
- 8** - If you are nursing, please try to nurse as far from 1 hour before your exam as possible.
- 9** - Avoid coffee, tea, soda or other beverages containing caffeine for 4 hours prior to your exam.
- 10** - Avoid cigarettes, chewing tobacco or use of any product containing nicotine the day of your exam.
- 11** - Avoid taking pain medications 4 hours prior to your exam.
- 12** - Please inform us if you have had radiation treatment within the last 6 months.

I certify that I have complied with the above protocols and preparation instructions and/or that I have noted any protocol(s) I was unable to comply with so that a decision can be made as to whether or not I can have my thermographic evaluation on the day scheduled.

Signature _____ Date _____