

719-573-2254

## Preparation Prior to Thermal Imaging

() Check all boxes after reading in order to prepare for your scanning appointment)

**Sign and date, and bring to your appointment**

- 1. **Show 4 or more hours before scan** (if morning scan shower night before).
- 2. **No lotions, creams, deodorants of any kind on skin.** Maintain **clean dry skin** after showering.
- 3. **Do not brush teeth with toothpaste, chew gum, or drink mint or cinnamon flavored tea** prior to scanning as this may show up as additional heat on the thermal image. Brush with water **ONLY**.
- 4. Maintain **normal diet** (no fasting required).
- 5. **No caffeine, alcohol, or smoking** for at least **4 hours** before scan.
- 6. **Continue all prescribed medications** as usual.
- 7. **No exercise** (including sexual activity) for at least **4 hours** before scan.
- 8. **No body work** that can alter blood flow for at least **24 hours** before scan (**including chiropractic, massage, acupuncture, energy work etc.**)
- 9. **No sun tanning or tanning beds** for at least **48 hours** prior to scan (**be sure all burning has subsided**).
- 10. **Keep hands and feet warm** when weather is cold (year-round, and **especially during the winter**).
- 11. Bring some form of hair ties, headband, etc. (**keep hair up off forehead, back of neck**) during scan.
- 12. **No surgery, new piercings, new tattoos** at least **3 months** prior to scanning.
- 13. **Breast feeding cessation 3-6 months prior to scanning.**

Patient **Print** Name: \_\_\_\_\_

Patient signature: \_\_\_\_\_ Date: \_\_\_\_\_