



Florida Medical Thermography

PATIENT PRE-THERMOGRAPHY SCAN INSTRUCTIONS

Unless specifically instructed by your physician, you should wait at least **three months** after any form of surgery (including biopsy), the completion of chemotherapy or radiation before your scan.

Avoid any natural or artificial tanning for **three (3) days** prior to your scan.

You must not have had significant fevers (102° or more) within **thirty-six hours** of your scan or have **any level** of fever on **the day** of your scan. Refrain from a sauna, steam-room or hot/cold packs for at least **twenty-four (24) hours** prior to your scan.

There should be no **new** bruising, rashes or skin irritation on **the day** of your scan.

With your physician's permission, please **do not** use the following medications for **twelve hours** prior to your scan: **niacin** or **niacin patch (500 milligrams or more)**, **nitroglycerin** or **any migraine medication**.

Avoid any tobacco use or caffeinated coffee or tea consumption for **two (2) hours** prior to your scan. Avoid vigorous exercise, bathing or showering for **one (1) hour** prior to your scan.

Long hair should be worn up or pulled back off your shoulders prior to being scanned.

For **Breast Imaging**: Avoid any vigorous physical stimulation, examination or compression of the breasts (self or clinical examination, ultrasound or mammogram) for at least **three days** prior to your scan.

Do not use any skin creams, lotions, deodorants or powders that may cause inflammation on your breasts or underarms on **the day** of your scan. We recommend women wear a blouse and pants or skirt to your scan and please do not wear an underwire bra to the exam.

For **Men**: The "Men's Health Scan" or "Full Body Scan" will require that your abdomen is revealed so it is best to wear brief underwear or a "Speedo". You will not be required to remove your underwear.

To achieve an accurate evaluation, you should avoid conditions that would cause artificial influences. This may seem like a lengthy list of conditions to avoid however; we have determined that each of them has the potential to decrease the reliability of your scan. Please contact us if you have any questions.