

We are committed to helping our patients unlock their potential and live life to the fullest.



Shores Wellness Solutions

The Natural Health & Wellness Center



Changing lives... Naturally!

Mandatory Protocols for Thermal Imaging

Patient Preparation:

It is necessary to follow certain protocols to ensure that your images and reports reflect an accurate reading. Please ensure that you have read the following instructions.

Thermal imaging is a heat sensitive test. Anything which creates heat should be avoided prior to testing. Excessive metabolic activity, friction, or any of the activities listed below which will alter heat readings.

1 Month Prior:

- No minor breast surgery, i.e., biopsy.
- We may still perform testing after biopsy. Write this in form.

1 Week Prior:

- Be cautious of too much sun exposure in order to avoid sunburn. Scans will have to be rescheduled if the patient has a sunburn of any sort.

48 Hours Prior:

- Men with beards should shave their face and neck, as well as backs.
- Avoid all tanning and limit sun exposure.

24 Hours Prior:

- Avoid chiropractic care, massage therapy or acupuncture.
- No saunas, steam baths, hot tubs, heating pads, or hot water bottles.
- No analgesic creams or balms.
- Do not shave underarms (Should be done prior).
- Reschedule if you experience a significant fever.
- Refrain from sexual activity.

Day of Exam:

• For best results, please wear thong underwear or a jock strap for full body studies. Underwear is optional and best results are without.

- Do not wear restrictive clothing.
- Do not use creams, lotions, cosmetics, ointments, deodorant, antiperspirants, powders, or any other skin product.
- Please bring a hair tie to remove hair from your forehead and back of neck.
- Remove all piercings and jewelry prior to exam, unless unable to.

- For women: Breast imaging is safe to have during pregnancy or when nursing, but if you are nursing and to ensure that we have an accurate reading, we recommend nursing as far from 1 hour before imaging as possible.

4 Hours Prior:

- Avoid hot showers or shaving
- Avoid physical therapy or exercise
- No coffee, tea, soda, or other beverages containing caffeine. No alcoholic beverages.
- Do not smoke cigarettes or use any product which contains nicotine
- Women- do not wear a bra for the 4 hours leading up to the exam
- Avoid contact with anything that could cause excess heat, i.e. heated seats, blow dryers, etc.

2 Hours Before the Exam:

- Avoid hot or cold liquids
- Avoid eating or chewing gum
- Avoid using a cell phone

Prior to and During Exam:

- Please inform us if you have a hot flash during the session
- Try to relax prior to and during the exam. Stress will affect your exam.

Special instructions for your imaging:

- **Test Results:** If you have copies of related test results (e.g. mammograms, ultrasounds, x-rays, biopsies, CT scans, MRI's) please bring them with you (or contact us ahead of time to make arrangements for digital uploads).
- **Privacy screening:** You will be partially or fully disrobed (depending on the type of study) for purposes of both imaging and to allow for the body temperature to acclimate to the room temperature. Imaging is conducted in a private examination room and you will be imaged behind a privacy screen.

If you have any questions or concerns, please feel free to contact us at 586-445-8032.