

BREAST SCREENING PREPARATION

Please follow these instructions for your Breast Digital Infrared Imaging screening:

PRIOR TO YOUR APPOINTMENT

- Wait at least three (3) months after breast surgery, the completion of chemotherapy or radiation before a breast thermography appointment.
- For treatments that break the skin (mole, skin tag) wait 1 month or until healed. For a sunburn on the chest area wait 3 days.
- Avoid any natural or artificial tanning of your chest for at least three (3) days prior.
- The imaging may be invalid if you have had a significant fever within thirty-six (36) hours of the examination.
- Avoid ultrasound, mammography, MRI or CAT for at least 3 days prior to your appointment.
- Refrain from a sauna, steam-room or hot/cold packs in contact with the breasts, physical stimulation, examination or compression of the breasts for at least twenty-four (24) hours prior to your appointment.
- Avoid extreme exercise (running, biking), nitroglycerin, Niacin, physical stimulation, examination or compression of the breasts or heavy-duty lymphatic drainage for 12 hours.
- If injured (bruising, accidents) or if you are not feeling well wait until healed/feeling better.

DAY OF THE APPOINTMENT

- Plan to arrive 15 minutes earlier than your scheduled appointment.
- Do not shave your underarms or use any skin creams, lotions, deodorants or powders on your breasts or underarms.
- Refrain from exercise, bathing or showering or breast feeding for one (1) hour prior to your appointment.
- Refrain from any tobacco use, or hot or cold beverages for two (2) hours prior to your appointment.
- You may wear a necklace if it does not touch the breasts or extend to the level of the cleavage. It can be an asset to the technician as it aids in obtaining a sharp focus.
- Please do not use perfume or fragrances as many of our clinics are scent-free.