



PRE-THERMOGRAPHIC IMAGING INSTRUCTIONS

Welcome to **Thermography of Iowa**. In order for you to get the most from your thermogram reading certain protocols are recommended. On the day of your thermogram:

- ✓ Do not use deodorants or antiperspirants.
- ✓ Do not apply any lotions, creams or powders to breasts. Includes hormone creams, gels & lotions.
- ✓ No shaving (or any hair removal) of the chest, breasts, or underarms for 24 hours prior to exam.
- ✓ If possible avoid Pain Medication 4 hrs prior to the examination.
- ✓ No physical stimulation of breasts 24 hours prior to exam.
- ✓ No physical exercise or 4 hours prior to exam.
- ✓ No showering/bathing within one hour of exam.
- ✓ No treatments (chiropractic, acupuncture, TENS, physical therapy, ultrasound, hot/cold packs use, in fared sauna) of the torso for 24 hours prior to exam.
- ✓ Try not to nurse baby 1 hour prior to exam.
- ✓ No Alcohol for 24 hours prior to Thermogram
- ✓ No Prolonged sun exposure (especially sunburn) to the area being imaged 5 days prior to appt.
- ✓ You must wait 4 weeks after a fine needle or core biopsy of the breast and 8weeks after having a lumpectomy or surgical biopsy of the breast before a thermogram can be performed.

About the Procedure

- ✓ The procedure is completely non-invasive and performed by a certified female technician.
- ✓ At first you will be asked to fill out a thorough breast health history form. The breast health history form can be printed and filled out prior to appointment. If you want the form you can obtain it from the website www.ThermographyofIowa.com or one can be mailed to you.
- ✓ The procedure itself begins with a 15 minute temperature acclimation period.
During this time, you will be disrobed from the waist up in a temperature controlled room.
- ✓ Once acclimated, you will be placed in front of the infrared camera while multiple images are taken from different angles. The imaging process will be kept as short as possible.
- ✓ The images will be analyzed by Dr. William Amalu
- ✓ You will receive 1 copy of your results in the mail within 2 to 3 weeks.
- ✓ No need to change any of your daily habits such as smoking or caffeine.
- ✓ If you have a temperature greater than 98.6 the day of the appointment you will need to reschedule.
- ✓ Hot Flashes: If you have one during or prior to your thermogram you may have to re-acclimate another 30 minutes. If you have several successions of hot flashes we may need to re-schedule your appointment.