

MEDICAL THERMOGRAPHY TEST Test Preparation

Step 1 – Patient Preparation

1. You must wait at least three (3) months after breast surgery, allopathic cancer treatment (the completion of chemotherapy or radiation), post-operative, pregnant or nursing mothers before a thermography examination.
2. Cosmetic treatments (i.e. botox, laser, fillers etc.) or tattoos to body areas being imaged must wait 3 months post final application.
3. You must wait 7 (days) if you have received any dye injected imaging before a thermography examination.
4. Please avoid any natural or artificial tanning of your chest for seven (7) days prior to the study date.
5. You must not have had significant fevers within thirty-six (36) hours of the examination.
6. Please avoid any clinical physical stimulation (chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound or massage, mammogram), examination or compression of the breasts or body to be examined (self or clinical examination) for at least 3 days prior to the examination.
7. It is recommended to refrain from a sauna, steam-room or hot/cold packs in contact with the breasts or body for at least twenty-four (24) hours prior to the examination.
8. You must wait twenty-four (24) hours after receiving IV treatment.
9. Do not shave your underarms or use any skin creams, lotions, deodorants or powders on your breasts or underarms on the study day.
10. No exercise or physical stimulation of the areas to be imaged 4 hours prior to the exam.
11. No eating or drinking caffeine, use of tobacco or alcohol, hot or cold beverages for two (2) hours before the exam.
12. Please refrain from bathing or showering for one hour prior to examination.
13. If you are exposed to outside environmental extremes, such as very cold or warm temperatures, you should acclimate in a comfortable room temperature for approximately thirty (30) minutes
14. You may wear any necklaces with or without pendants unless they are so long as to touch the breasts or extend to the level of the cleavage. In fact, necklaces and pendants can be an asset to the technician as they may serve as an aid to obtaining a sharp focus.
15. Continue to take any required prescription medication unless directed by your physician.

Step 2 – Medical Thermography Test

1. **Please note:** During the examination, you will be disrobed and gowned during part of the examination for both imaging and to allow for the surface temperature of the body to equilibrate with the room. (From the waist up for breast exams, and fully for full body scan, except underwear. The buttocks will be exposed so please wear thong or brief type.)
2. No jewelry and hair will be tied back away from the face and neck. A female technician is provided for all female patients.

Insurance & OHIP: This test is not covered by OHIP. You will be required to pay for this test at the clinic and then seek reimbursement from your employment or private health care plan, if applicable. Results are available 2 weeks post testing, please book your post-lab consult. If you have any questions, please contact our office by email info@healthscan.ca or phone 905.220.3821. Thank you for choosing HealthSCAN and RevivelifTM and we look forward to meeting you.