

## Patient Guide: Thermography Examination

Medical thermography is a safe, non-invasive imaging test that uses infrared technology to measure heat patterns and blood flow in the body. Unlike X-rays or ultrasounds that look at structure, thermography evaluates **function**—helping to detect inflammation, vascular changes, and early signs of imbalance.

It is commonly used for breast health, thyroid concerns, circulatory issues, pain and inflammation, and preventive screening. Thermography involves **no radiation or contact**, making it a gentle option for monitoring health.

<https://revivelifeclinic.com/integrative-lab-testing/medical-thermography-testing/>

### What to Expect During Your Examination

- You will change into a gown during part of the exam to allow accurate imaging and proper temperature equilibration.
- **Breast exams:** de-robe from the waist up.
- **Full body scans:** de-robe fully (except underwear). Buttocks will be exposed, so please wear thong or brief-style underwear.
- Remove all jewelry.
- Tie hair back away from the face and neck.
- A female technician is provided for all female patients.

### Thermography Pre-Imaging Instructions

To ensure accurate results, please follow these protocols:

- **Post-surgery or cancer treatment:** wait 3 months before imaging.
- **Nursing mothers:** imaging can be performed if prescribed, at least 1 hour post-feeding. Wait 2 months after completion of nursing before imaging.
- **IV treatment:** wait 1 day.
- **Dye-injected imaging:** wait 1 week.

### Additional Guidelines Before Your Exam

1. Covid vaccination must be at least 4 weeks prior.
2. Cosmetic treatments (botox, fillers, laser, tattoos) on imaged areas: wait 3 months post-final application.
3. Avoid tanning or direct sun exposure (especially sunburn) for 3 days prior.
4. Minimize lotions, creams, perfumes/colognes, powders, or deodorant on imaged areas the day of the exam.
5. No shaving or waxing of imaged areas the day of the exam.
6. Avoid chiropractic, acupuncture, massage, TENS, EMS, ultrasound, hot/cold packs for 24 hours prior.
7. No exercise or physical stimulation of imaged areas 4 hours prior.
8. Bathing/showering must be at least 1 hour before the exam.
9. No caffeine, alcohol, hot/cold beverages, or food for 2 hours prior.
10. No smoking for 2 hours prior.
11. Continue regular medications and supplements as prescribed.
12. For breast thermograms: avoid physical stimulation of the breasts for 24 hours prior.

### Insurance & Coverage

- Thermography scans may be covered under extended benefit plans (sometimes listed as “Other Diagnostics”).
- Reports are physician-interpreted and may qualify as a medical expense on tax returns.
- Naturopathic consultations are often included and may be covered by insurance

### Questions or Support

We're here to guide you through the process. You may email [info@revivelife.ca](mailto:info@revivelife.ca) or call us **613-829-7100** if you have any questions or concerns.