

## **Patient Instructions**

Welcome to Holistique Medical Center. Before you arrive for your thermographic examination, certain protocols must be followed in order to ensure that your images reflect accurate information. Please read the following instructions and adhere to them as closely as possible.

- Arrive at least 10 minutes (for Breast Thermography) and 20 minutes (for Full Body Thermography) prior to the appointment time to fill out questionnaires and forms.
- No prolonged sun exposure (especially sunburn) to the body areas being imaged 5 days prior to the exam (This applies to tanning booth as well).
- No use of deodorants, lotions, creams, powders, or makeup (no facial makeup for full body or upper body scans) the day of the exam.
- No shaving of the areas to be imaged the day of the exam. (Due to possibility of razor burn).
- For male patients taking upper-body images, there is no need to shave chest hair. (On the rare occasion of male patients having breast/chest scan, chest hair need to be shaved more than 24 hours prior to the exam date).
- No treatment (chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use) or physical stimulation of the areas to be imaged for 24 hours before the exam.
- No exercise 4 hours prior to the exam.
- No big meals 2 hours prior to Full Body appointment.
- If bathing, it must be no closer than 1 hour before the exam.
- If you are using pain medications, please avoid taking them for 4 hours prior to the examination. **You must consult with the prescribing physician for his or her consent prior to any change in medication use such as this.**
- If you are scheduled for a breast thermogram, the same protocol above applies along with no physical stimulation of the breasts for 24 hours before the exam, and if you are nursing please try to nurse as far from 1 hour prior to the exam as possible.

**Please note:** During the examination you will be disrobed (from the waist up for breast exams, and buttocks exposed for lower body exams) during part of the examination for both imaging and to allow for the surface temperature of the body to equilibrate with the room. A female technician is provided for all patients.

If you have copies of any other test results (i.e. mammograms, blood tests) please bring them with you. If you have any further questions, please contact our office at (425) 451-0404 or send an e-mail to [Marta@DrDarvish.com](mailto:Marta@DrDarvish.com).