



**\*\*IF YOU HAVE OR PLAN TO HAVE THE COVID VACCINATION ADMINISTERED, YOU MUST WAIT 2 WEEKS BEFORE HAVING A STUDY DONE.\*\***

Thermology is an evaluation of the levels, patterns and behavior of the skin's temperature. To achieve a meaningful evaluation, you should avoid conditions that would cause adverse influences. **Please follow these preparation instructions for your breast thermology study.**

### Medical Procedures

- You must wait at least three (3) months after breast surgery, including any biopsies, the completion of chemotherapy or radiation before a thermology examination.
- You must not have had any fever within thirty-six (36) hours of the examination.
- You must avoid ultrasound or mammogram or clinical physical examination of the breasts for at least three (3) days prior to the examination.

### Activities to Avoid

- You are asked to avoid any natural or artificial tanning of your chest for two-three (2-3) days prior to the study date.
- You should refrain from hot yoga, sauna, steam-room or hot/cold packs in contact with the breasts for at least twenty-four (24) hours.
- You are asked to refrain from exercise, bathing or showering for one hour prior to examination.

### Medications, Tobacco and Nicotine Use

- **With your doctor's permission:** Avoid use of the following medications for twelve (12) hours prior to the examination:
  1. Nitroglycerin
  2. Niacin, Niacin Patch (*500 milligrams or more*)
  3. Any Migraine Medications
- You are asked to refrain from any tobacco or alcohol use two (2) hours prior to the examination.
- Remove nicotine patch and discontinue using any gum containing nicotine for 2 hours prior to the examination.

### Clothing and Personal Care

- There should be no bruising, rashes or skin irritation in the breast area on the day of the study.
- Please refrain from using deodorants, creams, powders or lotions **that may cause an inflammation** in the breast area on the day of the study.
- If you are breastfeeding, please empty the breasts 30-60 minutes before the appointment.
- **For your comfort, we recommend that you wear a pullover or button-down shirt.**

### Food, Drink and Environmental

- If you are exposed to outside environmental extremes, such as very cold or warm temperatures, you will be asked to acclimate in comfortable room temperature for approximately fifteen-twenty (15-20) minutes prior to the equilibration process.
- Please refrain from bringing **any** beverages with you on the date of your appointment.
- Please refrain from the consumption of caffeinated coffee, tea or any other caffeinated products for two (2) hours prior to the examination.

This may seem like a lengthy list of conditions to avoid. However, we have determined that each of them has the potential to decrease the reliability of your study. Please contact us to reschedule your appointment if you have compromised any of these conditions. We would rather reschedule you to another appointment date than redo your study. If you haven't received our message to your e-mail after you have made your appointment, or you have questions not covered here, please contact our office.

**\*\*Please complete your on-line patient history prior to your appointment\*\***