

# KEEP COOL

---

## THERMOGRAPHY



### **PREPARING FOR THERMAL IMAGING APPOINTMENT**

Thank you for choosing **Keep Cool Thermography** as your source for thermal imaging and breast care. We look forward to meeting you and assisting you with this safe and effective procedure. It is important that you fill out these forms accurately and completely. Your scheduled appointment time takes into consideration that you have filled out your forms prior to the exam.

1. Please be at the office approximately 15 minutes before your appointment.
2. Make sure to bring this packet with you, filled out and complete (please PRINT).
3. DO NOT bring small children with you who cannot be left unattended.
4. Make sure you read and understand the informed consent form in this packet as it explains the procedure and your rights.
5. If you have ANY questions about your examination, call your testing center.
6. Please be prepared to pay for your examination at the time of your visit. Check, cash, and all major credit cards are accepted.

### **IMPORTANT PROTOCOLS**

If you have a sunburn or fever, please call to reschedule.

**24 hours prior to exam:** avoid chiropractic care, physical therapy, massage therapy, acupuncture, saunas, steam baths, hot tubs, magnets, heating pads, hot water bottles, analgesic creams or balms, poultices, and do not shave.

**12 hours prior to exam:** do not stimulate the nipple in any way.

**4 hours prior to exam:** No coffee, tea, soda or other beverages or medications containing caffeine. No alcoholic beverages. Do not bathe or shower in HOT water. Do not perform any rigorous exercise program. Do not touch or rub any body part vigorously.

**The day of the exam:** do not use creams, lotions, ointments, deodorants, antiperspirants, powders or any other skin product. Do not smoke cigarettes or use any product which contains nicotine. Do not use any medication or natural supplement that causes flushing (i.e. Niacin).

***Please wear jockstrap, G-string or bikini underwear to facilitate the examination.***

Inform us if you have had chemotherapy or radiation treatment within the last 2 months.

Remove all piercings and jewelry prior to the exam. If your hair/bangs cover your forehead, bring a headband to hold it back away from the forehead. If you have long hair (touches the shoulders) bring a hairband to hold it off of the neck.

In preparation for your session, do not discontinue any medication or therapy without your doctor's permission.