

Preparation Sheet for Body Screening

Purpose of Test

- Determine the cause of pain
- Evaluate sensory-nerve irritation or significant soft-tissue injury
- Define a previously diagnosed injury or condition
- Identify an abnormal area for further diagnostic testing
- Early detection of lesions
- Monitor progress of healing and rehabilitation
- Provide objective evidence

Patient Preparation

Prior to your appointment **do not** (on the day of):

- Have physical therapy or electromyography
- Use a tanning booth and avoid overexposure to the sun
- Do strenuous exercise (4 hours prior)
- Bathe (1 hour prior)
- Smoke (2 hours prior)
- Shave any part of your body
- Use lotions, oils, powders, antiperspirants, or makeup
- Do skin brushing
- Have a massage
- Have kidney dialysis

Other notes:

- Do not have acupuncture treatment within 3 days prior to appointment. Wait 3 months post-surgery and 6 months post radiation therapy to schedule an appointment.
- If your hair falls below your neck, you should wear it clipped or pinned up.
- Wear loose fitting clothes and no jewelry around the neck.
- No changes necessary for diet or medication.

General Information:

Procedure: Non-invasive, contact free, and radiation free

Disrobing: Remove all clothing and jewelry. Put on a gown or sarong supplied. Inform your thermographer if you have had any recent skin lesions on your body; the inflammation can cause a false positive result.

- Thermography is performed by a certified clinical thermographer and is completely private.
- There are no risks or side effects.
- Average time for the appointment is 30 minutes to 1 hour.
- Please bring your healthcare provider's complete name and address if you want a copy of your report mailed to him/her.

You are welcome to bring a companion to be present during the scan.