



Instructions before your THERMAL SCAN appointment:

Welcome to Illinois Thermography!

Before you arrive for your thermal scan screening certain protocols must be followed in order to ensure that your images reflect accurate information. Please read the following instructions and strictly adhere to them.

1. No vigorous exercise, coffee, alcohol, spicy food, tobacco/smoke **4 hours** before your appointment.
2. No excessively hot baths or showers **2 hours** before your scan.
3. No dry brushing on the day of your scan.
4. No use of deodorant, lotions, creams or makeup (only for upper or full body scan) before the exam.
5. No prolonged sun exposure (especially sunburn)/tanning bed to the body areas being imaged **5 days** prior to the exam.
6. No shaving of the areas to be imaged.
7. No treatments (chiropractic, acupuncture, TENS, massage therapy, physical therapy, electric muscle stimulation, ultrasound, hot or cold pack use) for **24 hours** before the exam.
8. Do not chew gums before you come for a scan especially if the head and neck included for your scan.
9. No fever.
10. No physical stimulation of the breast 24 hours prior to the exam.
11. Please wear loose cloth, no bra if possible before you come for the scan.
12. While driving to the office no direct heat or A/C should aim to your body.
13. You must **wait** at least **three (3) months** after pregnancy, breast feeding, breast surgery, including any biopsy, lumpectomy, the completion of chemotherapy or radiation before a thermography screening.

Please use common sense not to do anything that will artificially heat up or cool down your body.

Note: During the examination you will be disrobed (from waist up for breast screening and part of your buttocks exposed for abdomen or lower body exams) during the examination for both imaging and to allow the body to acclimate to the room temperature. A female technician will provide the screening.

Thank you,
See you soon!
Eniko Fodor

ACCT approved Clinical Thermographer – **847-363-3314**

