



6850 Thorold Stone Rd, Unit 2, Niagara Falls, ON L2J 1B4

905.357.7686

PRE-SCREENING IMAGING INSTRUCTIONS

In order to ensure that your examination is done properly and your images reflect an accurate reading, please follow the following instructions:

NO PERFUMES OR SCENTED CREAMS, LOTIONS OR POWDERS

- Do not wear restrictive clothing such as a bra to the exam. (Bras can be undone on the way to your appointment.)
- **REMOVE** all jewelry (stud earrings are acceptable) including body piercings prior to screening.
- No prolonged sun exposure (especially sunburn) to the breasts 5 days prior to your exam.
- No use of lotions, creams, powders, or makeup on the breasts the day of the exam.
- **No use of deodorants or antiperspirants the day of your exam.**
- No physical stimulation or treatment of the breasts for 24 hours before the exam. (I.E. a doctor's or self-breast exam)
- No treatment (chiropractic, acupuncture, massage, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use) of the neck, back, chest or breasts for 24 hours before the exam.
- No exercise 4 hours prior to your exam.
- No shaving the armpit or chest-breast area on the day of the exam to avoid skin abrasions.
- If bathing, it must be no closer than 1 hour before the exam.
- If you are nursing, please try to nurse as far from 1 hour before the exam as possible.
- No warm or cold beverages 2 hours prior to imaging.
- Do not drink alcohol 12 hours prior to the test.
- If you are using pain medications, please avoid taking them for 4 hours prior to the examination. **(You MUST consult with your prescribing physician for his/her consent prior to any change in medication use such as this.)**

PLEASE NOTE:

- During the examination you will disrobe from the waist up for imaging and to allow for the surface temperature of the body to equilibrate with the room.
- A certified female technician will take your images.
- Surgical procedures such as implants, reductions, and biopsies do not interfere with infrared imaging.
- Breast infrared imaging is perfectly safe to have during pregnancy (within 3-6 months) or when nursing.
- **If you have copies of any other test results (I.E. mammograms, ultrasounds, biopsies) please bring them with you OR call our office and we can assist you in obtaining a copy.**
- The total time necessary to complete your breast thermography examination is approximately 30 minutes.

I have read and understood and will comply with the instructions stated above:

NAME: _____ SIGNATURE: _____

DATE: _____

LATE CHANGE OR CANCELLATION POLICY

To avoid a charge, **48 hours' notice is required** to change or cancel existing appointments. Please note that this policy is in effect and outside of understandable emergency situations, the following charges will apply.

- 50% of the fee will be charged for an initial occurrence
- 100% of the fee will be charged for any additional occurrence and for not showing up at all.

Without this policy, such activity can negatively affect our availability to our customer base. Thank you for understanding.