

Picture My Health, LLC

Thermography, the safe way to screen

THERMAL IMAGING PROTOCOLS & PREPARATIONS CHECKLIST

Please bring this THERMAL IMAGING PROTOCOLS & PREPARATIONS CHECKLIST sheet with you to your appointment.

Fees for thermal imaging services are as follows, and are due at the time of your appointment:

- Breast scan / Region of Interest: \$199 Half-body scan: \$319 Full-body scan: \$419

Payment forms accepted: Cash, Check, Visa, Discover, Amex, or Master Card (FSA/HSA)

A minimum of 24-hour notice is required if cancelling your appointment or full charges may be billed.

It is important that you follow these protocol instructions carefully to insure that your Thermographic examination is accurate. If you cannot follow the protocols listed below, please call the office prior to your appointment to discuss the matter and receive further instructions. Thank you for your cooperation!

ALL SCREENINGS: You must wait 30 days AFTER ANY COVID vaccination before making an appointment!

Breast Studies:

1. You cannot have sunburn or a fever at the time of your screening.
2. Avoid having a mammogram or any other breast medical procedure, chiropractic care, physical therapy, massage therapy, analgesic creams/balms or magnets for 24 hours prior to your examination. Discuss with your physician BEFORE discontinuing any of the above.
3. Wait 3 months after breastfeeding or any breast surgery; cannot be pregnant.
4. Avoid breast and nipple stimulation for 24 hours prior to your examination.
5. Do not perform any rigorous exercise program for at least 4 hours prior to your examination.
6. Do not bathe or shower in HOT water for at least 4 hours prior to your examination.
7. Avoid direct stimulation to area of interest, including shaving or other forms of hair removal, scratching (if possible), etc.
8. Do not use creams, lotions, deodorants, talcum powder, essential oils or other skin products unless instructed by a physician.
9. Remove, or be prepared to remove jewelry in area of scan, including piercings if possible.
10. Try to avoid anti-inflammatory drugs 24 hrs prior to appointment as it could mask a problem
11. Do not smoke, chew tobacco, or use any product which contains nicotine the day of your screening, unless ordered by your doctor. You can request the first appointment of the day if this is an issue.
12. Do not use ANY SMART DEVICES (cell phone, watches, etc.) or have it on your body in the hour preceding your scan.

Half & Full Body Studies include the above protocol plus the following points:

1. Do not eat or drink anything 1 hour prior to your scan. Do not chew gum the day of your screening.
2. **No lipstick or lip balm**, no makeup or face cream, brush teeth very gently the day of screening for face study.
3. Do not drink coffee, tea, soda or other caffeinated beverages for at least 4 hours prior to your screening.
4. Must wait 3 months if you've had surgery in the area being screened.
5. **MEN - Shave ALL facial hair** and trim any excessive chest hair 24 hours prior to your examination.
6. **MEN - NO** Viagra use for 10 days prior to screening.
7. **MEN - NO** boxers. Please wear briefs to your screening.

I certify that I have complied with the above protocols. I understand that my appointment may need to be rescheduled if there are any reasons that could interfere with the accuracy of the scan. A \$25 rescheduling fee may apply. Although research shows Thermography to be highly accurate, it is not a 100% guarantee of detection.

Disclaimer: Picture My Health, LLC does not claim thermography replaces mammography.

Patient Signature (at time of appointment)

Date