

THERMOGRAPHY PREPARATION CHECKLIST



Ensuring Accurate & Reliable Results
Well Women Wellness Center



Well Woman™
Wellness Center
D E I K A K I N G

 **3 Months Prior**

- ✓ No major surgery in the area being imaged
- ✓ No radiation therapy
- ✓ Not pregnant, breastfeeding, or lactating

 **1 Month Prior**

- ✓ No minor procedures (biopsy, etc.)

 **1 Week Prior**

- ✓ Avoid sunburn or excessive sun exposure
- ✓ Avoid tanning sessions
- ✓ Avoid vaccines

LONG-TERM PREPARATION

Avoid the following treatments:

- Chiropractic care
- Massage therapy
 - Acupuncture
- Physical therapy
- Mammograms / X-rays
- Sauna or steam room
 - Hot or cold packs
- Electrical muscle stimulation

These activities can interfere with thermal readings and affect your results.

**24 HOURS BEFORE YOUR
APPOINTMENT**

DAY OF YOUR EXAM- (CRITICAL)

Do NOT Apply:

- Lotion
- Oils
- Powder
- Deodorant or antiperspirant
- Makeup (face/neck if applicable)

1 Hour Prior

- No bathing
- No hot or cold food/drinks
- ✓ Room temperature only

Do NOT:

- Shave areas being imaged

Final Hours Before Appointment 2 Hours Prior

- No:
 - Smoking
 - Exercise
- Caffeine (coffee, tea, chocolate)
- Alcohol

PREPARATION SUMMARY

What to Wear

- ✓ Loose-fitting clothing
- ✓ No jewelry
- ✓ No underwire bra
- ✓ Hair pinned up (we can assist if needed)

What to Bring

- ✓ Completed intake forms
- ✓ Prior imaging (mammogram, ultrasound, biopsy reports)

PREPARATION SUMMARY - CONT

Before Your Appointment

Please confirm:

- My paperwork is completed
- I followed all preparation guidelines

Thermography is highly sensitive and requires proper preparation. Failure to follow these guidelines may result in rescheduling your appointment to ensure accurate results.

WHY PREPARATION MATTERS

Thermography detects subtle temperature changes in the body.

Even small factors like:

- Lotion
- Exercise
- Caffeine

...can alter your results.

Our goal is to ensure:

- ✓ Accuracy
- ✓ Reliability
- ✓ Meaningful clinical insight

THANK YOU

CAN'T WAIT TO
MEET YOU!!!