



Solutions for Health

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Your initial appointment may include a thermogram. In order to prepare for a thermogram, please follow the pre-imaging protocol. This will provide us with the most accurate results. Thank you.

Pre-Imaging Protocols for Pain Related Imaging

The following PRE-IMAGING protocols MUST be followed. Not following these requirements will necessitate rescheduling your thermogram. Please contact us if you have any questions.

Pre-examination Preparation: Pre-examination preparation instructions are of great importance in decreasing thermal artifacts and obtaining a meaningful thermogram.

- No sun bathing of the area to be imaged 5 days prior to the exam. You cannot be sunburned in the area to be imaged and you cannot have a fever. If you are sick, please reschedule.
- No use of lotions, creams, powders, or makeup on the body area to be imaged the day of the exam. (if you are uncertain what area(s) will be imaged, skip the use of lotions, etc. completely.
- For upper body thermograms, do not shave underarms for 24 hours prior to exam. Lower body thermograms do not shave your legs for 24 hours prior to exam.
- No physical therapy, EMS, TENS, ultrasound treatment, acupuncture, chiropractic, hard physical activity, hot or cold pack use for 24 hours before the exam.
- No exercise 4 hours prior to the exam.
- If bathing, it must be no closer than 4 hours before the exam if using hot water.
- Avoid the use of caffeine and nicotine for a minimum of 4 hours prior to imaging.

I acknowledge I have followed these pre-imaging protocols completely.

Name

Date

Signature _____

Confirmed by thermography tech. _____