

PREP FOR THERMOGRAPHY

Before booking this appointment please consider the following:



You must wait at least one month after having a biopsy or minor surgery to have thermography.
You must wait at least three months after major surgery or completion of chemo/radiation before thermography.

WOMEN: You cannot be tested during the first or second day of your menstrual period.
The lower abdominal points warm up and create false readings.

MEN: Do NOT shave the morning of the appointment, however, trim facial hair if you have a mustache and/or beard. We measure points along the jawline and upper lip.

PREP – One week to 24 hours prior to your appointment:

- Avoid tanning or sunburn at least one week prior to the appointment.
- Refrain from dentistry and dental cleanings at least 3 days prior to the test.
- Refrain from acupuncture, bio-energetic treatments, therapeutic massage, classical homeopathy, or chiropractic treatments 36 hours prior to your appointment.
- Do not exercise 24 hours prior to the appointment. This includes running, yoga, Pilates, etc.
- Do not drink alcohol for at least 24 hours prior to your appointment.

ON THE DAY OF:

- Do not wear a bra or remove it at least 15 minutes prior to your appointment.
- Wear a long sleeve, button-up shirt, and long pants that can be easily removed.
- Do not shower or bathe the morning of the test. However, a quick shower using only tepid water is allowed.
- Don't use ANY deodorant, body sprays, skin creams, lotions, essential oils, or cosmetics on the morning of the test.
- NO Food 2 hours before the appointment. Do not have any HOT food.
- Do NOT drink ANY coffee, black tea, or caffeinated beverages, and do NOT smoke the morning of the test.
- We do recommend drinking 12 oz room temperature water.
- Avoid taking medications and/or supplements on the day of the appointment, if possible.
- Arrive 15 – 20 minutes before your appointment so that your body has a chance to relax before you are tested.

If your results come back as INVALID, it will be an additional cost to you.