

## Preparation Sheet for Breast Screening

### Purpose of Test

To detect abnormal changes in the breasts that might require further diagnostic testing

### Patient Preparation

Prior to your appointment **do not** (on the day of):

- Have physical therapy or electromyography
- Use a tanning booth and avoid overexposure to the sun
- Do strenuous exercise (4 hours prior)
- Bathe (1 hour prior)
- Smoke (2 hours prior)
- Shave underarms
- Use lotions, oils, powders, antiperspirants, or makeup on chest or underarm area
- Do skin brushing
- Have a massage
- Have kidney dialysis

Other notes:

- Do not have acupuncture treatment within 3 days prior to appointment. Wait 3 months post-surgery and 6 months post radiation therapy to schedule an appointment.
- If your hair falls below your neck, you should wear it clipped or pinned up.
- Wear loose fitting clothes and no jewelry around the neck.
- No changes necessary for diet or medication.

### General Information

**Procedure:** Non-invasive, no compression, and radiation free

**Disrobing:** Remove all upper body clothing and jewelry. Put on a gown or sarong supplied. Inform your thermographer if you had any recent skin lesions on your breast; the inflammation may cause a false positive result.

- Thermography is performed by a female certified clinical thermographer and is completely private.
- There are no risks and no side effects.
- Average time for the appointment is 30 minutes.
- Please bring your healthcare provider's complete name and address if you want a copy of your report mailed to him/her.

*You are welcome to bring a companion to be present during the scan.*