



*Excellence in Pain Relief
& Women's Health*

Premier Acupuncture & Complementary Medicine, Inc.
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What to Do Before Your Thermogram

Call us if you have questions: 745-7928

Please complete all paperwork (depending on your exam this may include the Breast Health Questionnaire, Breast Thermography Consent, Pain / Neurovascular Questionnaire and the HIPAA release form) prior to your arrival. Please arrive at least 5 minutes early for your appointment. If you have not completed all paperwork prior to your appointment, please arrive 20 minutes early to fill out the forms. Arriving late may require rescheduling your appointment. If you have any questions please call the office.

Please adhere to the following guidelines:

- Do not smoke for 2 hours prior to your thermogram
- No physical therapy, TENS, ultrasound treatment, acupuncture, chiropractic, hot or cold packs in the area to be imaged thermographically for 24 hours before the exam. If you are receiving only the breast thermogram, these restrictions apply not only to your chest, but also your back.
- Do not use lotions or powder on the area to be imaged on the day of your exam.
- Avoid application of deodorant if possible. If you forget and use these products, they may be washed off prior to your appointment.
- No sun bathing 5 days prior to your exam
- No bathing / showering at least 2 hours prior to the exam
- No exercise for at least 4 hours prior to the exam
- No shaving the area to be examined for at least 12 hours prior to your exam

If your thermogram involves the low back / pelvis, please note the following: The most accurate imaging will be obtained in the absence of underwear / panties. Any clothing in the area being imaged will not only block the image under the clothing, it likely will alter the accuracy of other related images. If you are uncomfortable with this, men should wear a jock strap and women should wear thong underwear. Image quality will be compromised but this is an option. Women having a lower body thermogram will have a female technician available to perform the imaging.

Neurovascular / Pain / Circulation Evaluation

Infrared imaging increases the chance of detecting nerve, vascular and or muscular problems. Like all procedures, it is not 100 percent accurate and there is no guarantee of detection.

Breast Evaluation

Infrared imaging increases the chance of early detection of breast disease. Like all procedures, it is not a 100 percent guarantee of detection. A complete program of breast health includes: monthly self exam, clinical breast exam, annual thermal imaging and mammography or other structural imaging.