



501 S 11<sup>th</sup> St.  
Show Low, AZ 85901  
928-537-4242 office  
928-496-0282 fax

Javier Manrique NMD

## Instructions when preparing for your thermogram

In order to get the most reliable results possible for your thermogram, please comply with the following guidelines:

### **3 months prior**

- No breast surgery, breast biopsies, chemotherapy, or radiation

### **7 days prior:**

- No natural or artificial tanning

### **3 days prior:**

- Avoid physical stimulation, examination, or compression of breasts.
- No Ultrasound or X-ray Mammogram
- No fevers over 101° F (we want a baseline when you are not sick or fighting an infection)

### **24 hours prior:**

- No sauna or steam room
- No hot or cold packs directly on the breast area
- With your doctors permission, avoid Niacin (vitamin B3), Nitroglycerine, Niacin patch or migraine medication 500mg or above

### **The day of your scheduled Thermogram:**

- Do not apply any skin creams, lotions, deodorants, perfume, or powders especially not on your breasts or underarms
- Do not shave or wax underarms or breast area
- No jewelry
- No tobacco
- No caffeinated coffee, tea or soda
- No exercise
- No bathing or showering
- Must be no bruising, rash, or skin irritation in breast area
- If you are breastfeeding, empty your breast 30-60 minutes before appointment
- Hair should be worn up or pulled back off your shoulders
- Wear a blouse and pants or skirt to your study (no dresses)
- If you are in an extremely hot or cold climate prior to appointment, extra time may be needed to reach an equilibrium temperature before acclimating

**Arrive 15 minutes early with your completed patient history forms and waiver.**

- Read through **The imaging process step by step** on our website [GoodLifeHealthCenter.com](http://GoodLifeHealthCenter.com) or in our office before the day of your appointment.

Please contact us to reschedule your appointment if you have compromised the above conditions to avoid. We want to insure the reliability of your study and would rather reschedule than redo your study