



The Thermography Center
A Division of Radiant Health, Inc.

Client Preparation Information:

Full Body Scan or Breast Screening with Digital Infrared thermal Imaging (Thermography)

Purpose of Test: For early detection of abnormal changes in the body for preventative care or for further diagnostic testing and for indications of disease, organ function and pain.

Client Preparation:

Do not smoke for 2 hours before the test

Do not exercise (gentle exercise/stretching or walking is fine) or receive a massage, chiropractic adjustment, physical therapy, etc. 3 hours before the test

Do not put anything on your breasts, armpits, or surrounding areas on the day of test (for example lotions, deodorant, essential oils or powders). For full body scans do not use lotion etc. anywhere on your face or body. If you wear makeup, please do not apply until after your screening.

If you are scheduled for a Head/Neck Scan or Full Body Scan avoid sun exposure on day of test. Please reschedule your screening if you have a sunburn on the area you plan to have tested/screened.

Please do not have a hot shower 3 hours before your test

Please do not drink hot liquids 1 hour before your test if you are scheduled for a Head/Neck Scan or Full Body Scan.

If you are pregnant or nursing, you will most likely need to reschedule your screening until 3 months after you finish nursing. We do make exceptions, but please call us in advance to determine if a Thermography Screening is the best choice for you.

Diet – no change necessary

Medicines – no change necessary

During your appointment: For breast & upper body only screenings, you will be removing all upper body clothing and jewelry. You may feel more comfortable wearing a skirt and top or pants and a blouse so that you do not have to fully disrobe. A gown will be supplied for your upper body during the cooling down period when you arrive. Your hair will need to be tied up well above your shoulders during the exam and cooling down period. Inform your Thermographer if you have had any recent lesions on your breast as the inflammation can cause a false positive result. For full body scans you may plan to wear underwear during the screening unless instructed otherwise for specific problems or issues.

How the test will feel: The test takes place in a relaxed, peaceful & private room. The room air may feel cool on your body as you adjust to room temperature before scanning but you will be lightly robed during the cooling process (about ten minutes). Examination room temperatures are comfortable once you disrobe for the image taking. Any apprehension about the

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sophisticated thermography equipment is soon dispelled as the procedure is totally non-invasive and the camera does not emit radiation of any kind.

Time before test results available: Time before results are reported to the doctor or patient varies from a few days to two weeks. If you have an urgent request for a 48 hour turn around, please discuss with your Thermographer. There is an extra fee for this service.

Frequently asked questions:

Who performs test? Female Certified Clinical Thermographer

Any risks or side effects? None. Procedure is non-invasive, non-contact, and no radiation.

How long does it take? Patient time for test: Half hour for breast and one hour for full body scans.

You are welcome to bring a companion or partner to be present at the examination.

While participation in a DITI early detection program can increase your chance of detecting and monitoring disease, as with all other tests, it is still not 100% guarantee of detection.