

Medical Thermography International Inc.

SCREENING PREPARATION

Please follow these preparation instructions for your Breast thermography screening:

- You must wait at least three (3) months after breast surgery, the completion of chemotherapy or radiation before a thermology examination.
- You are asked to avoid any natural or artificial tanning of your chest for seven (7) days prior to the study date.
- You must not have had significant fevers within thirty-six (36) hours of the examination.
- You must avoid any clinical physical stimulation, examination or compression of the breasts (self or clinical examination, ultrasound or mammogram) for at least 3 days prior to the examination.
- You should refrain from a sauna, steam-room or hot/cold packs in contact with the breasts for at least twenty-four (24) hours prior to the examination.
- You are asked not to shave your underarms or use any skin creams, lotions, deodorants or powders on your breasts or underarms on the study day.
- You are asked to refrain from exercise, bathing or showering for one hour prior to examination.
- You are asked to refrain from any tobacco use, caffeinated coffee or tea consumption for two (2) hours prior to the examination.
- You may wear any necklaces with or without pendants unless they are so long as to touch the breasts or extend to the level of the cleavage. In fact, short necklaces and pendants can be an asset to the technician as they may serve as an aid to obtaining a sharp focus.
- If you are exposed to outside environmental extremes, such as very cold or warm temperatures, you should acclimate in a comfortable room temperature for approximately thirty (30) minutes prior to the equilibration process.

Reporting

- Reports will be sent by mail to you and to the health professionals that you specify (e.g. naturopathic doctor, medical doctor, chiropractor, TCM (Traditional Chinese Medicine). The report for the health professional will include information about Breast Thermography. Please bring the full address and postal code for the health professionals to whom you want a report sent
- At the time of your scan we will give you an estimate of the expected date the reports will be available.

Other

- **NDclinic**, the office of Dr. PJ Wales ND, accepts payment by MC, VISA, Debit or cash. At some other clinic locations, payment may be by cash or cheque only.

www.medthermonline.com