

# the Thermography @ the Cometa Wellness Center center

## How to Prepare for your Thermogram

There are a number of things to keep in mind when preparing for your thermogram. Begin by reading through the description for the type of thermogram you will be receiving and the areas of the body that are included in this imaging. Next you will see the *Thermography Preparation Checklist* which is a list of instructions to follow to ensure that your images contain complete and accurate information. Please read through the entire checklist carefully and adhere to these instructions fully.

### *The 3 Types of Thermograms:*

**The Breast Thermogram** image area runs from the neck downward to below the breastline and includes both armpits.

**The Upper body Thermogram** image area starts at the top of the head, and includes the head, face, neck, arms, hands, shoulders, breasts, armpits, abdomen, pelvis, and back. In short, the Upper body Thermogram starts at the top of the head and goes down to the pelvis, front and back.

**The Full Body Thermogram** image area includes everything covered in the upper body screening with the addition of the buttocks, legs, knees and feet. In short, the Full body Thermogram starts at the top of the head and goes down to the bottom of the feet, front and back.

### *Thermography Preparation Checklist:*

- **No** smoking for 2 hours prior to your thermogram.
- **No** sun bathing (including tanning beds) for 24 hours prior to your imaging. Having a sunburn in the image area will prevent your thermogram from providing accurate information.
- **No** use of creams, lotions, oils, powders, makeup, or any other product that is applied to skin in the area of the body that will be imaged on the day of your thermogram.
- **No** physical therapy, massage therapy, chiropractic, ultrasound, electro stimulation, or TENS for 24 hours prior to your imaging.
- **No** exercise for 2 hours prior to your imaging.

- Surgeries must be completed 3 months prior to your thermogram if the image area of your thermogram includes the surgery site.
- Please bring with you a list of your current medications or supplements, any injuries, fractures or surgeries and their dates, and information about any other conditions or complaints that would be important for the Thermologist reading your images to be aware of.
- You will be asked to fill out a patient history so please bring reading glasses if necessary.
- If you are having a Upper body or Full body thermogram you will be asked to get your hair up off of the neck and away from the face. If you have medium to long hair or bangs you may want to bring a head band, clips, or scrunchi to put your hair up with.

You will be asked to put on a gown and disrobe the part of the body that is being imaged. A female thermographer will be performing all of your imaging.