

Infrared Breast Health LLC, Ingrid L. Edstrom FNP, M.Ed

Eugene Clinic Location

315 Goodpasture Island Rd. Eugene, OR 97401

Tel: 541-302-2977

(Building is across the street from Umpqua Bank and Petco, near Valley River Center)

Pre-Examination Instructions

The following instructions must be strictly adhered to before you arrive for your appointment:

Patient preparation: If you have a temperature from an infection please call and reschedule

- **No prolonged sun exposure/tanning beds (sunburn) to the chest / breasts 6 days prior to your exam.** Wear a jewel neckline and short sleeves but no plunging tank tops. Sunscreen will not help.
- **NO HEAVY upper body lifting 5 days prior.** You can go to the gym but do lower body or a treadmill exercise. Pulling muscles in the anterior chest will alter the scan results. Also avoid leaf raking and lifting of heavy suit cases 5 days prior.
- **No active exercise like biking 4 hours prior to your exam.**
- **Do not participate in breast massage/chiropractic, acupuncture, TENS, physical therapy or electrical muscle stimulation for 48 hours prior to exam.**
- No physical stimulation or treatment of the breasts, chest, neck, or back for **24 hours** before the exam.
- No use of lotions, creams, powders, or makeup on the breasts the **day** of the exam. **No use of antiperspirants** or deodorants the **day** of your exam.
- **No shaving** or other hair removal of the areas to be imaged **24 hours** prior to exam.
- Do not smoke **two hours** before the test.
- If bathing, it must be no closer than 1 hour before the exam. No hot tubs for 24 hours before the exam.
- If you are nursing, please try to nurse as far from 1 1/2 to 2 hours before the exam as possible.

Please note: During the examination you will be disrobed from the waist up for both imaging and to allow for the surface temperature of the body to equilibrate with the room. A female technician will perform the imaging for you. Surgical procedures such as implants, reductions, and biopsies do not interfere with infrared imaging. Breast Thermography is perfectly safe to have during pregnancy or when nursing. The procedure may also be performed during any part of the menstrual cycle without affecting the interpretation of the images.

All Medical records sent to the administrative office

Patients are NOT seen at Hodson Lane

Mail payments to administrative office: 1102 Hodson Lane Eugene, Oregon 97404

Phone: 541-302-2977 Fax: 541-302-6565

www.InfraredBreastHealth.com & www.ProactiveBreastWellness.com