

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

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***Pre-Examination Instructions***

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

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

No prolonged sun exposure/tanning beds (sunburn) to the breasts 5 days prior to your exam. Wear a jewel neckline and short sleeves but no plunging tank tops. Sunscreen will not help.

No exercise 4 hours prior to your exam ie biking and NO HEAVY upper body lifting 4 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 4 days prior.

Do not participate in 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 shaving or other hair removal of the areas to be imaged 24 hours prior to exam.

No use of deodorants or antiperspirants the day of your 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.

If you are using pain medications, please avoid taking them for 4 hours prior to the examination. You must consult with the prescribing physician for his or her consent prior to any change in medication use such as this.

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 preformed during any part of the menstrual cycle without effecting the interpretation of the images..