

Medical Infrared Thermogram - Guidelines

Patient Preparation Guidance for Medical Infrared Thermogram appointment

THERMOGRAM TIMING

- Please note that all Medical Infrared Thermogram test appointments need to be booked in to start no later than 1.30 pm.
- Women cannot be tested during the first or second day of their menstrual period. The lower abdominal points warm up and create false readings.

BEFORE THERMOGRAM DAY

- Refrain from visiting a dentist or hygienist at least 3 days prior to the test.
- Refrain from regulative and therapeutic practices for 36 hours prior to the test. This includes acupuncture, bio-energetic treatments, therapeutic massage, taking homeopathic remedies, chiropractic treatments, etc.
- Do not drink alcohol for at least 24 hours prior to the test
- If you have infection, unexpected menstruation or recent emotional trauma, your Thermogram may need to be postponed or rescheduled. Please advise of these issues as soon as known.

ON THERMOGRAM DAY

- Do not drink coffee, black tea, or caffeinated beverages, and do not smoke the morning of the test. A light breakfast is acceptable, but nothing piping hot.
- Please come hydrated; drink $\frac{1}{2}$ - $\frac{3}{4}$ pint of water $\frac{1}{2}$ – 2 hours before the test.
- Do not exercise the morning of the screening. This includes running, yoga, pilates etc.
- Do not shower or bathe the morning of the test. However, a quick shower using only tepid water is allowable, as is a shower or bath the night before.
- Do not use body sprays, skin creams or lotions, or cosmetics the morning of the test.
- Wear a long-sleeved buttoned up shirt and long trousers, even if it is hot or humid. Avoid synthetic fibres and tight clothing. Do not wear a belt or tight underpants. Do not wear a bra or remove it at least 15 minutes prior to the test.
- Wear comfortable, loose-fitting clothing that can be easily removed. Please note that both men and women will be asked to remove all upper clothing as breasts will be thoroughly examined. You will not be asked to remove your lower clothing.
- Arrive 15 – 20 minutes before your appointment so that your body has a chance to relax.

AT THE CLINIC

- Remove your glasses when you get to the clinic, as there are sinus points on the nose that will be tested.
- Turn off mobile phones during the appointment as electromagnetic radiation affects the nervous system.