

Preparing For Your Thermogram

FOR 24 - 36 HOURS PRIOR TO YOUR APPOINTMENT OBSERVE THE FOLLOWING INSTRUCTIONS:

- Please stop ALL homeopathic remedies, herbals and supplements.
- Please stop using any essential oils—including diffusing them.
- Continue taking prescription medications and bioidentical hormones.
- **No alcohol 24 hours prior to appointment.**
- Do not have regulative therapy such as acupuncture, bio-energetic treatments, electro-neural diagnosis, chiropractic adjustments, massage or give or receive any type of energy work. Please reschedule your appointment if you have a fever, or severe congestion and coughing. Women should not have a thermogram during the first two days of their cycle.
- No CT scan, MRI or X-ray for at least 3 days prior.
 - **No dental work 3 weeks**, or cleaning within 3 days.

ON THE DAY OF YOUR EXAMINATION – BEFORE YOU ARRIVE:

- You may have a **light snack 3 hours** before your appointment. Keep temperature of food moderate. Hydrate yourself with at least 16 oz. of room temperature water.
- Please do not brush teeth and hair or wear deodorant. No smoking, coffee, black tea or any type of caffeine.
- No extremely hot or cold drinks (room temp. water okay)
- No hot or cold showers (tepid water ok) or shower the night before
- No cosmetics or body lotions with the exception of mascara and lipstick
- No exercise of any type, no yoga, no sauna, and no meditation
- Men – do not shave. If you have a beard or mustache, trim around mouth and jaw areas as much as possible

FOR THE THERMOGRAPHY PROCEDURE:

Please arrive wearing socks, **underwear, long loose fitting pants and a front opening shirt or blouse** to cover your arms and legs for your evaluation. The sleeves should be loose enough to easily pull up to your elbows. A full-length skirt is okay.

Make sure that none of your clothing is tight (reddened places will affect the measurement) Women should **NOT** wear a bra; or remove it 30 minutes prior to your measurement.

At the end of the first set of measurements you will be asked to remove outer clothing, and remain standing in your underwear for a 10 minute “cooling phase”. A second set of temperature measurement will follow in the identical sequence as the first.