

## Preparing For Your Thermogram

### FOR 24 - 48 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 bio identical hormones if necessary.
- **No alcohol OR ANY CAFFEINE the day before or day 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.
  - o **No dental work 3 weeks**, or cleaning within 3 days.
- No Hot or Cold Showers the Night Before. Use Room Temperature Water

### 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 showering AT ALL
- 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.

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.