



Center for Holistic Health, Nutrition, & Vacaville Thermography, Inc.
97 Dobbins St. Ste C
Vacaville, CA 95688
707-451-4058

Protocol for Day of Breast Exam

Complete all paperwork prior to your arrival. If this is not possible, arrive fifteen minutes early for your appointment and complete the necessary paperwork at that time. If you have questions, call Christine Andrew 707-451-4058. All information is confidential and is used to evaluate your thermal images.

- An exam should not be done on the first day of your period in most cases (Call Christine if you have questions on this).
- Avoid a hot shower at least 4 hours prior to exam. Do not nurse sooner than 1 hour before the exam.
- Please avoid wearing a bra on the day of your exam. (You can bring it and put it on after the exam.)
- Do not smoke for 2 hours before exam.
- Do not use lotions, Essential Oils, or powder on your breasts or upper abdomen on the day of the exam.
- If you are having a cranial or full body exam, please do not wear make-up.
- Avoid application of deodorant or antiperspirant (even crystal deodorant) if possible.
- Avoid coffee or tea, hot or cold for 4 hours before exam -- no caffeine.
- Do not shave on the day of the exam to avoid skin abrasions.
- Avoid sun exposure for extended periods of time the day before and on the day of the exam -- no sunburns. Also, no artificial tanning for 5 days prior to the exam day.
- No heated seats on the way to exam, or hot liquids.
- Please provide a list of medications either prior to or at the time of the exam. Please do not use pain medication 4 hours prior to exam day.
- Notify the technician if you are taking Beta Blockers.
- Do not plan a heavy workout before the exam, or massage, acupuncture, physical therapy, chiropractic adjustment, hot or cold pack use, or sexual activity 24 hours prior to the exam.
- Notify Christine if you have a current skin lesion or rash or injury to the breast.
- You must wait at least 4 weeks after having a fine needle or core biopsy of the breast before a thermogram can be performed.
- If you have had any surgical procedure within the last 12 weeks, please notify our office before coming in for your appointment.
- If you are nursing, please try to nurse as far from 1 hour prior to the exam as possible.

For the exam, you will need to disrobe from the waist up and acclimate to room temperature (68°) for fifteen minutes prior to your scan. The scan will take approximately fifteen to thirty minutes. It is non-invasive and non-contact. If you are disabled or unable to sit or stand for long period, notify the scheduling technician.

Complete testing requires your cooperation to image all areas affected. If you have any questions or concerns, please let us know beforehand, if possible, so that we may address them with you. Test Results: Once your scan is complete, it will take approximately seven to fourteen days before your results will be available. We will email you your results or mail a copy if you prefer. Your scan results will include a recall period from six weeks to twelve months. You are welcome to bring a companion or partner, but they are not allowed in the exam room. The total time necessary to complete the procedure is approximately forty-five minutes.