Thermography Information & Preparation Checklist

We are looking forward to meeting you at your appointment! Please follow the preparation protocol to achieve the most accurate results. If you have any questions or concerns, you can contact Barb Hegge 763-227-2807 OR Sue Heil 763-227-5347.

**For Thermography Appointments, please refrain from the following:**

* Shaving or waxing 48 hours prior to appointment
* Lotions, deodorants, heavy/oil-based makeup, and essential oils the day of the appointment
* Hot showers or baths 4 hours prior to appointment
* Smoking, chewing, and vaping the day of your appointment
* Sunburn or Fever—must reschedule
* Chiropractic care, physical therapy, massage therapy, intense exercise, weight-lifting, or mammography--day of
* Using or having your cell phone *on* your body 1 hour prior to appointment (use speaker option instead of up to ear if necessary)
* Anti-inflammatory drugs that can mask symptoms 24 hours prior to appointment unless medically necessary
* Eating, drinking, and chewing gum 1 hour prior to appointment
* Applying chapstick or lipstick 4 hours prior to appointment
* Vigorously brushing and flossing teeth the day of appointment
* Drinking coffee, tea, soda, or other caffeinated drinks 4 hours prior to appointment

\**Please wait 3 months after breastfeeding or any breast surgery for breast scan*

**Types of Thermography Appointments**

**Full Body**—Most popular and highly recommended, this scan looks at the entire body from head to toe to collect the most information and allow for the best holistic look at your picture of health. The following are some of the areas scanned with a full body appointment: head, neck, mouth, thyroid, thymus, chest, breasts, back, abdomen, pelvic, lumbar, legs, arms, feet, hands, and anatomical views. Cost--$409

**Half Body**—This scan collects information from your head to your abdomen or from your pelvis to your toes. An upper half body includes head, neck, mouth, thyroid, thymus, chest, breasts, back, and abdomen. The lower half body includes the pelvic area, gender specific organs/regions, lumbar, tailbone, legs, and feet. Cost--$309

**Region of Interest**—This scan simply looks at one specific area of the body. For example, thyroid, breast, or prostate. Cost--$185

**\*Initial Breast Scan**: The first time you have a thermography scan done for breast screening, regardless of whether it is a full, half, or region of interest scan, it is considered your baseline. It is then recommended that you come in 3 months following that initial scan to have the breast region scanned once more for a comparison. Breast malignancies can double every three months so while the first scan will provide a blueprint for what your body looks like, the follow-up, region of interest breast scan three months later is done to mark any changes in your breast physiology.

**Day of Appointment**:

A typical appointment will start with a health history and conversation with the thermographer who will walk you through the different views that will be taken depending on your scan appointment type. The thermographer will then leave the room so you can disrobe accordingly, put on a gown, and pull hair off the face and neck. The thermographer will then enter the room to begin the imaging. For a full body scan, the gown can be worn up until the chest views at which time it is discarded until the imaging is finished. When finished, the thermographer will have you put the gown back on while he/she leaves to allow you to re-dress before rejoining you to go over some of the images and answer any final questions about the screening. Imaging is not done through clothing. The regions that are being scanned cannot be clothed.