

PRE-THERMOGRAPHIC IMAGING INSTRUCTIONS

Welcome to EVO. Before you arrive for your thermographic examination, certain protocols must be followed in order to ensure that your images reflect accurate information. Please read the following instructions and adhere to them as closely as possible.

- No prolonged sun exposure (especially sunburn) to the body areas being imaged 5 days prior to the exam.
- No use of deodorants, lotions, creams, powders, or makeup (no facial makeup for full body or upper body scans) the day of the exam.
- No shaving of the areas to be imaged the day of the exam.
- No treatment (chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use) or physical stimulation of the areas to be imaged for 24 hours before the exam.
- No exercise 4 hours prior to the exam.
- No physical stimulation of the breasts for 24 hours prior to the exam.
- If you are nursing, please refrain for at least 1 hour prior to the exam.
- If bathing, it must be no closer than 1 hour before the exam.
- If you are using pain medications, please avoid taking them for 4 hours prior to the examination. **You must consult with the prescribing physician for his or her consent prior to any change in medication use such as this.**

Please note: During the examination you will be disrobed (from the waist up for breast exams, and buttocks exposed for lower body exams). This is done for both imaging purposes and to allow for the surface temperature of the body to equilibrate with the room. A female technician will perform all scans.