

# The Hills Medical Group

## Essential Exam Preparation for Clinical Thermography

Please read carefully the exam preparation for the type of screening you have chosen. Proper preparation is essential to accurate imaging and interpretation.

**IMPORTANT NOTE:** It is necessary to wait three months to schedule thermographic screenings following pregnancy, nursing or invasive procedures, including current or recently removed chemo ports. Inflammation associated with these conditions can obscure underlying conditions.

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**SKIN PORES MUST BE CLEAR:** It is **ESSENTIAL** that you apply **NOTHING** to the skin in the region(s) of interest to be screened. This means no lotions, no perfumes, no powders, no deodorants, no ointments, no etc. Do *not* use “natural” products. Thermography relies upon thermal emissions through the skin’s pores. If pores are blocked, thermograms and therefore physician interpretation will be inaccurate.

- **FOR BREAST SCREENINGS:** The area of screening extends from the eyes to the hips. Please do not use facial lotion. It is fine to apply eyeliner, mascara and eye shadow. Please do *not* wear lipstick, makeup or lotion below the nose.
- **FOR ALL OTHER SCREENINGS:** Apply NOTHING to the skin in the identified region(s) of interest. When in doubt, do not apply anything to the skin.
- **NOTE ON PRESCRIBED TOPICAL MEDICATION:** PLEASE CONSULT YOUR DOCTOR as to whether application of your topical medication can be delayed until after your thermography screening. If application can be delayed, please do. If it cannot, please apply the cream to an area that does not directly correspond to the area of concern (e.g. avoid applying creams immediately above a breast lump).

**SUNBURN:** Thermal imaging cannot be done when you have a sunburn.

**REMOVE JEWELRY, ETC:** Remove necklaces, bracelets, earrings, watches, accessories that cover the skin in region(s) of interest.

**WEAR PROPER CLOTHING FOR SCREENINGS INVOLVING THE ABDOMEN OR TORSO:** Please wear loose-fitting shorts, skirts, trousers etc. so that the lower body garment can be worn very low on the hips. Skin must be visible in the region(s) of interest in order for an interpretation of the area to be done, the more skin visible, the more comprehensive the screening.

**WEAR PROPER CLOTHING FOR SCREENING INVOLVING THE BUTTOCKS, GROIN OR UPPER THIGHS:** Please wear thong-style or brief-style underwear or bathing suit. We work with comfort levels. If you are comfortable without clothing, this will provide the most comprehensive screening, the more skin visible, the more comprehensive the screening.

*The Hills Medical Group  
4201 Bee Caves Road, Suite B112, West Lake Hills, Texas 78746  
Phone: 512-327-4886*

**NOTES ON HAIR:** Thick hair prevents certain areas of the body from being screened. The hair on the head is typically thick enough that thermographic interpretation of the scalp area is impossible. Long or heavy beards can make interpretation of the covered areas difficult to impossible.

- **FOR SCREENINGS INVOLVING THE FACE AND NECK:** All hair must be pulled back from the hairline. Please secure bangs and flyaway hair with hair ties, bobby pins, headbands, barrettes, etc. It does not matter if the clips are metal.
- **SHAVING OF HEAVY CHEST OR FACIAL HAIR OR THE HAIR ON YOUR HEAD:** If you opt to shave an area of especially thick hair, please shave two to three days prior to the screening. Razor burn is an inflammatory response that can obscure the area of screening.

**AVOID SUBSTANCES AND ACTIVITIES THAT CAUSE UNNATURAL FLUSHING:** Beginning three hours prior to the thermographic screening, avoid all foods, supplements and activities that may cause unnatural flushing (e.g. smoking cigarettes, caffeine, high-dose niacin, heavy exercise, saunas, long-hot baths or showers, jalapeños, etc.). You do not need to fast before the screening but avoid spicy foods.

**HOT FLASHES:** You may mind your hot flashes but thermography does not ☺. Your thermograms will be fine if a hot flash occurs during the screening.

**MENSES:** Thermographic screenings can be scheduled at any time during your menstrual cycle.

**MEDICATIONS:** Continue taking all prescribed medications as directed by your health care practitioner.

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#### QUICK SUMMARY

- Nothing on the skin
- No foods, medications or activities that cause the skin to flush
- No jewelry, watches etc.
- Skin must be visible in the area of screening

I understand that proper preparation is essential to the accuracy of interpretation.

I have read and followed the above exam preparation.

Signed: \_\_\_\_\_ Today's Date \_\_\_\_\_