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Breast Thermography Preparation

It is very important that you follow these simple instructions carefully to insure that your thermogram is accurate. If you cannot follow any of the protocols listed below, please call the office prior to your appointment. Bring this signed form on the day of your examination.

- You cannot be sunburned or have a fever at the time of your examination.
- Avoid chiropractic care, physical therapy, massage therapy, analgesic creams or balm, magnets or poultices for 24 hours prior to your examination.
- Don't drink coffee, tea, soda or other caffeinated beverages 4 hours prior to your exam.
- Don't eat 2 hours prior to your exam. Avoid chili peppers, ginger and hot spices.
- Don't smoke cigarettes, chew tobacco or use any product containing nicotine the day of your examination unless ordered by your doctor.
- Don't stimulate the nipples in any way for 12 hours prior to your examination.
- Don't shave your underarms for 24 hours prior to your examination.
- Don't use creams, lotions, perfumes, deodorants, talcum powder or other skin products including hormone creams over the area to be examined.
- Don't perform any exercise program 4 hours prior to your examination.
- Don't bathe or shower in HOT water for at least 4 hours prior to your examination. Tepid water is ok up to 2 hours prior to your examination.
- MEN: Don't shave your face 24 hours prior to your head/face examination.
- WOMEN: If you are having a lower body examination, don't shave your legs 24 hours prior to your examination.
- Please inform the office if you have had any radiation treatments or biopsies within the last 6 months.

I have read the above and complied to the best of my ability.

Name of Patient

Date