

# Thermography Test Preparations

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As with every test, there are preparations that will make the results of your test more accurate. Please follow all these instructions carefully so that your test gives you the best information.

First, come to the appointment wearing comfortable, loose-fitting clothing that can be easily removed. Wear a long-sleeved button-up shirt and long pants, even if the weather is hot or humid. Avoid synthetic fibers and tight clothing. **Do not wear a bra.** You can bring one in your purse and put it on afterwards. If you must wear a bra earlier in the day, then please remove it at least 30 minutes

before your test to reduce body heat.

1. Do not shower or bathe the morning of the test. If necessary, sponge bathing with tepid water is allowable. You may shower or bathe the night before.
2. Do not use body sprays, skin creams, lotions, or cosmetics the morning of the test.
3. Do not drink coffee, black tea, or caffeinated beverages, and do not smoke the morning of the test. A light breakfast is acceptable, but nothing piping hot or too filling.
4. Come to your appointment hydrated; drink 12 – 16 oz. of water 1/2 – 2 hours before the test.
5. Do not exercise the morning of the test. This includes running, yoga, Pilates, etc.
6. Stop taking all non-essential supplements and remedies 24 – 36 hours prior to the test. Continue all prescription drugs.
7. Refrain from receiving any therapeutic practices within 36 hours prior to the test. This includes acupuncture, bio-energetic treatments, therapeutic massage, chiropractic treatments, etc.
8. Do not have any dental work or dental cleanings at least 1 week prior to the test.
9. Women cannot be tested during the first or second day of the menstrual period as this can create false regains in the lower abdominal points. Try to plan your appointment in a non-menstrual time.
10. Arrive 15 – 20 minutes before your appointment so that your body has a chance to relax and acclimate before you are tested.
11. Remove your glasses when you arrive, as there are sinus points on the nose that will be tested.
12. Turn off cell phones and electronic devices as soon as you arrive. They cannot be on during your appointment as electromagnetic radiation can alter your test results.
13. Do not drink alcohol for at least 24 hours prior to the test.