



## Patient Pre-Screen Checklist

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Obtaining the best possible information from your scan depends on your following these instructions carefully.

1. 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 or remove it at least 15 minutes prior to the test.
2. Do not shower or bathe the morning of the test. However, a quick shower using only tepid water is allowable, as is a shower or bath the night before.
3. Do not use body sprays, skin creams or lotions, or cosmetics the morning of the test.
4. 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.
5. Come to appointment hydrated; drink 12 – 16 oz of water 1/2 – 2 hours before the test.
6. Do not exercise the morning of the test. This includes running, yoga, Pilates, etc.
7. Continue all prescription medications, with the exception of beta-blockers and calcium channel blockers. May continue all supplements, herbs, and remedies.
8. Refrain from 'regulative' and therapeutic practices within 36 hours prior to the test. This includes acupuncture, bio-energetic treatments, therapeutic massage, classical homeopathy, chiropractic treatments, etc.
9. Refrain from dentistry and dental cleanings at least 3 days prior to the test.
10. Women cannot be tested during the first or second day of the menstrual period. The lower abdominal points warm up and create false readings.
11. Arrive 15 – 20 minutes before your appointment so that your body has a chance to relax before you are tested.
12. Remove your glasses when you get to the office, as there are sinus points on the nose that will be tested.
13. Turn off cell phones during the appointment. Cell phones should be forbidden in the thermography room or should be turned off as electromagnetic radiation affects the nervous system.
14. Do not drink alcohol for at least 24 hours prior to the test.