

Gainesville Thermography
905 N.W. 56th Terrace, Suite B
Gainesville, Florida 32605

Dear _____,

You are scheduled on _____ at _____ for a thermographic exam.

Please follow these protocols **prior to your exam** to ensure the best possible examination:

- **Do not drink caffeinated soda, coffee, or tea the day of the exam.**
- **No use of lotions, creams, powders, or makeup on the breasts the day of the exam.**
- **Do not use deodorant the day of the exam.**
- **No exercise the day of the exam.**
- **No tobacco use the day of the exam.**
- **No eating, drinking, or chewing gum at least 2 hours prior to the exam.**
- **Do not take anti-inflammatory medications such as Aspirin, Tylenol, Steroids, or pain medication. Your system should be clean of anything that will speed up or slow down your central nervous system for at least 24 hours prior to the exam.**
- **No chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, heating pad (seat warmers), hot or cold pack use 24 hours prior to the exam.**
- **No prolonged sun exposure (especially sunburn) 5 days prior to the exam.**

If you have any questions, please call **(352)332-7212**.