



## Preparation Guide: Infrared Mammogram

*Please note that if you have had breast surgery, chemotherapy, or radiation in the past 3 months, please contact us to schedule your Infrared Mammogram for a later date.*

### **7 Days before your appointment**

Please avoid any natural or artificial tanning of your chest.

### **3 Days before your appointment**

Please avoid any physical manipulation, examination, or compression of the breasts (ex. Self Breast Exams, Clinical Breast Examinations or diagnostic tests including Ultrasound and X-Ray Mammogram).

### **36 Hours before your appointment**

Please call us to reschedule if you get a significant fever (over 101F) within 36 hours of your appointment.

### **1 Day before your appointment**

Please refrain from the use of saunas, steam-rooms, or hot/cold packs directly contacting the breasts.

### **On the day of your Infrared Mammogram**

No skin creams, lotions, deodorants, or powders on your breasts or underarms.

No tobacco, inhalants or caffeinated beverages **2 hours** before the study.

Do not exercise, bathe, shower, or shave **1 hour** before your appointment.

***Please call us at least 48 hours before your scheduled appointment time if you need to change or cancel your appointment.***