

# Breast Thermography Preparation

## Best time to schedule your breast thermography:

**For menstruating women:** 28 days in menstrual cycle, day 1 being the start of your period, schedule your appointment approximately between day 15 and 28

**For menopausal women:** Try to schedule at or close to the same day of your prior breast thermography

**Instructions:** Please initial each box, indicating compliance with the protocol. If you have questions, please contact our office prior to your appointment to avoid late cancellation charges.

- I have waited 3 months after breast surgery, breast biopsy, completion of chemotherapy or radiation
- I have avoided any natural or artificial tanning of the chest for 7 days prior to the exam.
- I have not had a significant fever within 36 hours of the examination.
- I have waited 3 months after breastfeeding.

### 24 hours prior exam:

- I did not have any clinical or personal physical stimulation, examination or compression of the breast (For example: massages, chiropractic treatments, ultrasound, mammogram etc.)
- I have not applied any pain / nicotine patches to my chest.

### On the day of the exam, at least 4 hours prior:

- I have not shaved underarms, used creams, lotions, makeup, deodorants, powders on breasts or underarms.
- I have refrained from sauna, steam room, hot tubs, hot or cold packs on any part of the body
- I have refrained from exercising

**I certify that I have complied with the above preparation instructions. If I have not complied I will notify the office and I understand that a cancellation fee of \$87.50 will be charged and the appointment has to be rescheduled.**

**Printed Name:** \_\_\_\_\_ **Signed Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Please present this checked and signed form to the technician at the time of your appointment

**Please be prepared:** The room will be 68 °F. You will have to sit for 15 min in a 68 degree °F room with your upper body undressed while you fill out a questionnaire and cool down until images of your breast can be taken. The total time in the room will be approximately 45 minutes.

**Reporting:** You will receive your report within 14-21 days. Please bring the full address and/or fax number for the health professional(s) to whom you want a copy of the report sent. If your result is a TH3 or higher, we will call you to set up a phone consultation with Dr. Saputo to go over the result at no additional charge.

**Cost:** The cost per breast thermography is \$175.00. This includes a written report. The written report will also be mailed to your referring health care provider upon your request. If you wish to schedule an office visit with Dr. Saputo to go over the report or order any additional testing and you are not a Dr. Saputo patient, you will have to schedule a new patient appointment.

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### **CONSENT FOR CARE**

I authorize Health Medicine Center to perform a “thermal imaging risk assessment” of my breasts. I understand that thermal imaging is a risk assessment procedure that may signal the development of breast abnormalities. I understand that these services may not be considered “medically necessary” and may not be covered by Medicare or any other insurance company. Health Medicine Center is unable to provide you with a claim for your insurance, but we can generate a copy of the superbill after payment has been received.

I assume full responsibility for the timely payment of all costs, charges and expenses related to my treatment at Health Medicine Center. The amount of the bill shall be due and payable on presentation to the client, his/her agent, guardian, conservator, or third party responsible for payment.

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Date

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Signature of Patient or Legal Guardian

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Date

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Signature of Witness