

Thermography Test Preparations

Thank you for scheduling your regulation thermography appointment with us at Emerald City Clinic! In preparation for your testing, please review these instructions, and feel free to contact us with any questions or concerns you may have.

Before Your Testing Day

1. Discontinue use of all non-essential supplements and remedies 24-36 hours prior to your test. Continue all prescription drugs.
2. Refrain from “regulative” and therapeutic practices within 36 hours prior to your test. This includes acupuncture, bio-energetic treatments, therapeutic massages, classical homeopathy, chiropractic treatments, etc.
3. Refrain from dentistry and dental cleanings at least 3 days prior to the test.
4. Do not drink alcohol for at least 24 hours prior to the test.
5. Women cannot be tested during the first or second day of their menstrual periods, as the lower abdominal points warm up and create false readings.

On the Day of Testing

1. 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.
2. Do not use body sprays, skin creams, lotions, or cosmetics on the morning of your test.
3. Do not drink coffee, black tea, or caffeinated beverages, and do not smoke on the morning of the test. A light breakfast is acceptable, but nothing piping hot.
4. Do not exercise on the morning of the test, including running, yoga, pilates, etc.
5. Come to the appointment hydrated; drink 12-16 ounces of filtered water 30 minutes to 2 hours before your test.
6. 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.
7. Arrive 15-20 minutes before your appointment so that your body has a chance to relax before you are tested.
8. Remove your glasses when you get to the office, as there are sinus points on the nose that will be tested.
9. 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.

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