

**Vibrant Health Imaging & Integrative Care**  
*Patient Preparation Sheet for Breast to Full Body Imaging*

**Purpose of test**

The Purpose of this test is to provide an opportunity for early detection of abnormal physiological changes in the breasts/body which may require further diagnostic testing and/or intervention.

**IMPORTANT Patient Preparation Information!!**

*Avoid* having body work **2 days** prior.

*Avoid* having acupuncture treatment **3 days** prior.

*On the day of your appointment*, please **do NOT**:

- have physical therapy or electromyography
- use a tanning booth and avoid overexposure to the sun
- have strenuous exercise
- smoke for 2 hours preceding appointment
- shave your underarms or use lotions, powders, antiperspirants, therapeutic essential oils or makeup on the chest/body
- do skin brushing
- have kidney dialysis

**General Information**

**Procedure** is non-invasive, painless (no-contact), private, and the body is not subjected to ANY radiation.

**Disrobing** is necessary according to type of imaging to be done, and a wrap will be supplied to cover the body as needed. All jewelry will need to be removed for the procedure.

**Inform your thermographer** if you had any recent skin lesions on the the body, so that information can be noted, thus avoiding a false positive result.

**There are no risks or no side effects.** The **side BENEFITS** of this tool are that you will have an accurate **functional** look at your body, which can bring to light any physiological changes which may be occurring.

**Average time** for a breast appointment is 30-45 minutes. Please allow 60-90 minutes for a full-body appointment.

**\*Please note:** A screening baseline cannot be acquired while pregnant or lactating (please allow **3 months** for post-lactation studies, post surgery, radiation therapy, and/or chemotherapy before having an imaging appointment).

**We gladly accept** personal cash, check, PayPal, Visa or MC.

**You are welcome to bring a companion** to be present during the scan, and as always, **I am grateful for the opportunity to serve you with any of the services that I provide!!**

**If you have any questions** or concerns about your imaging appointment, please feel free to contact me at [MichelleBeWell@me.com](mailto:MichelleBeWell@me.com), or by calling/texting Michelle Fortney at 518-376-2896.

**BEFORE YOUR APPOINTMENT, PLEASE REMEMBER TO COMPLETE YOUR INTAKE FORMS**, which can be found at [www.VibrantHealthImaging.com](http://www.VibrantHealthImaging.com).