

Thermometry Test Preparation

- Come to the appointment wearing comfortable, loose-fitting clothing that can easily be removed. Wear a long-sleeved button-up or zippered shirt that covers you to your collarbone and long pants, even if the weather is hot or humid. Avoid synthetic fibers, jeans and tight clothing. Do not wear a bra or remove it at least 15 minutes prior to the test.
- Do not shower, brush your teeth or bathe the morning of the test. However, a quick tepid water shower or sponge bath is allowed, as is a regular shower or bath the night before.
- Do not use deodorant, body sprays, skin creams, lotions or cosmetics the morning of the test.
- Do not drink coffee, black tea or caffeinated beverages. NO smoking is allowed prior to the test. A light breakfast is fine, but nothing piping hot or ice cold.
- Come to appointment hydrated; drink 12 to 16 oz of room temperature water ½ - 2 hours before the test.
- Do not exercise the morning of the test. This includes running, yoga, Pilates and stretching, etc.
- Refrain from 'regulative' and therapeutic practices within 36 hours prior to the test. This includes acupuncture, bio-energetic treatments, therapeutic massage, classical homeopathy, chiropractic treatments, etc.
- Refrain from dentistry and dental cleanings at least 3 days prior to the test.
- Women cannot be tested during the first or second day of the menstrual period. The lower abdominal points warm up and create false readings.
- Arrive 15-20 minutes before your appointment so that your body has a chance to acclimate to the office temperature before you are tested.
- Remove your glasses when you get to the office, as there are sinus points on the nose that will be tested.
- Turn off cell phones during the appointment. Cell phones are not allowed in the thermography room or should be turned off as electromagnetic radiation affects the nervous system.
- Do not drink alcohol for at least 24 hours prior to the test.
- Please remember there is a \$100. fee that will be charged if you do not cancel at least 48-hours before your appointment.