

## Before you arrive for your thermal scan

It is important to **avoid** certain activities. Failure to adhere to any of the requirements below ('Please avoid' box) may result in your appointment having to be postponed due to them effecting validity of the results. For breast scans, previous surgical procedures such as implants, reductions, and biopsies **do not** interfere with infrared imaging. Thermal imaging is perfectly safe to have during pregnancy or when breast feeding. The procedure may also be performed during any part of the menstrual cycle although it is preferable that your appointment coincide mid-way through.

***During the appointment you will need to expose the skin in the areas to be scanned. If you specifically require a female or male thermographer you must request this at least 48 hrs before your appointment. Your partner or a chaperone is welcome to come with you for any part of the procedure.***

## Please avoid:

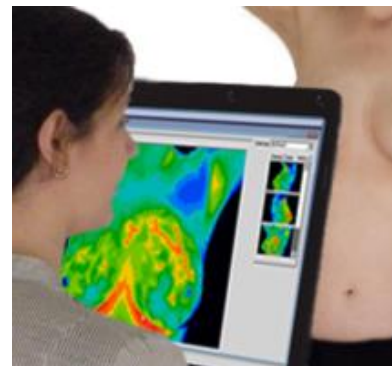
- Prolonged sun exposure (even with sun creams) 2 days prior to your appointment.
- Lotions, creams, powders, or makeup on the day of the appointment.
- Shaving or other hair removal treatments the day of the appointment.
- The use of deodorants or anti-perspirants on the day of your appointment.
- Physical stimulation or treatment of the area to be scanned for 24 hours before the exam (e.g. chiropractic, acupuncture, massage, physiotherapy, electrical muscle stimulation, ultrasound, use of hot or cold packs).
- For breast imaging it is required you avoid the wearing of a bra 1 hour before the appointment.
- Any strenuous exercise 4 hours prior to your exam. Hot baths or showers, no closer than 1 hour before the exam.
- If you are breast feeding, please try to feed at least 1 hour before.
- Smoking 2 hours before your appointment.

## What to expect during your appointment

Depending on the region to be scanned you will be asked to undress and put on a medical gown. Your thermographer will then take your case history relating to your specific thermal imaging requirements. This normally takes the form of a questionnaire which you will be asked to fill in during your acclimatisation phase lasting approximately 15 minutes. The acclimatisation phase is to enable the surface of your skin to equalise as much as possible to the surrounding room temperature in which the scan will take place.

The thermographer will then demonstrate or explain to you the required positions you will need to adopt for the individual scan images. If you have any difficulty adopting any position let the thermographer know, it is important that you be as comfortable as possible during the scan process. You will then be asked to remove the gown so the thermal images can be taken; this should take no longer than a few minutes.

Once the scan is complete you will then have the opportunity to review and discuss your thermal images with the thermographer.



**Please note:** The report is intended for use by trained health providers to assist in evaluation, diagnosis and treatment. It is not intended for use by individuals for self-evaluation or self-diagnosis.

The thermographer is unable to offer any diagnosis. Completed scans are sent to qualified medical doctors who will then return the thermal imaging report back to your thermographer who will then notify you, usually within 48 hrs.

## After your appointment

Once the results of the thermal imaging have been reported on, the complete report including colour images will be sent to you by email as a PDF file. If you prefer you can request that the report be sent in the post at no extra charge.



**THE ROSE CLINIC**  
Chiropractic & Thermography

## Prices

### Breast Imaging

Baselines

(2 sets of studies 3 months apart in first year.)  
£250

Annual Follow-Up £130

### Regions of Interest

Single Region of Interest £130

Half Body Scan (Upper or Lower) £299

Womens Health Check £299

Full Body Scan £495

Immuno check £130 (does not include breast  
report)

### Also Available

#### Chiropractic

Consultation £75

Follow up £50

**Arteriosclerosis check** free with any of the  
above

## Patient Preparation Leaflet

&

## Price List

**2023**

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