

Breast Thermography at Le Soleil Health and Wholeness

Roots on Whyte
#201, 8135 - 102 Street
(780) 414 - 1466

Pre-examination Instructions

Please follow the instructions below to ensure the images are diagnostic and that the results are accurate.

- No prolonged sun exposure to the breasts **5 days** prior to the exam
- No physical stimulation or treatment of the breasts for **24 hours** before the exam
- No exercise **4 hours** prior to the exam
- **No bathing or showering 2 hours prior to the exam**
- If nursing please try not to nurse **1 hour** prior to the exam or longer if possible
- No smoking at least **1 hour** prior to the exam
- No use of lotions, creams, powders or makeup on the breasts on the **day of** the exam
- **No use of deodorant or antiperspirant on the day of the exam**
- **Do not wear restrictive clothing such as a bra to the exam**
- No shaving, waxing or plucking of the underarms the **day of** the exam
- Please tie your hair up and do not wear jewelry around the neck or in the ears to the exam.

Thank you for taking the time to read and follow the instructions.