



*alfa*®  
THERMODIAGNOSTICS

## Patient Pre-Screen Checklist

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- Stop taking all non-essential supplements and remedies 48 hours prior to the scan. Continue all prescription drugs.
- Refrain from 'regulative' practices within 48 hours prior to the scan, including acupuncture, bio-energetic treatments, therapeutic massage, homeopathy, chiropractic treatments, etc. Refrain from dentistry & cleanings up to 3 days prior.
- Do not shower or bathe the morning of the scan, though the night before is fine. Also, do not use body spray, lotions, or cosmetics.
- Do not workout, run, or do yoga the morning of the scan.
- On the day of the scan do not drink any coffee, black tea, or caffeinated beverages, and do not smoke. Breakfast is fine, but nothing piping hot. Do not drink alcohol for at least 24 hours prior.
- Women cannot be scanned during the first or second day of the menstrual period. The lower abdominal points warm up and create false readings.
- Come to the appointment wearing comfortable loose-fitting clothing that can be removed easily. Wear a long sleeved button-up shirt and long pants, and avoid synthetic fibers and tight clothing. Please do not wear a bra or remove it at least 20 minutes prior.
- Remove your glasses when you get to the office, as there are sinus points on the nose that will be scanned.
- Try to arrive 15–20 minutes before your appointment so that your body has a chance to relax before you are scanned.
- Please turn off cell phones during the appointment.