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### **Pagosa Wellness Patient Pre-Diagnostic Guidelines**

If fasting diagnostic, nothing to eat or drink at least 6-8 hours prior to test. Not fasting, no food 2-3 hours prior to test.

No smoking 2 hours prior to the screening

No caffeinated products 2 hours prior

No lotions, powders, deodorants, cosmetics, perfumes, etc. on the day of the test

Avoid sun exposure on the day of the test—no sun tanning

Avoid medications (unless required) and supplements containing niacin until after the test

Please wear loose clothing to your visit. You will need to disrobe to the waist for upper-body screenings and completely (except for underwear) for full-body screenings

#### ***When you come to your health screening, here's what will happen.***

You will fill out a client intake form and list any injuries, surgeries, illnesses, and known conditions that may show up on the images.

You will change into a gown.

You will watch a short video about thermography while your body acclimates to the room temperature, about 15 minutes.

You will disrobe while having your images taken. For upper-body screenings, you will disrobe to the waist. For full-body screenings, you will disrobe completely, except for your underwear. (We can't take images of your body's heat patterns through clothing.) You will be asked to turn this way and that way to get images of specific body regions.

You will put the gown back on, and we will review the images with you.

#### ***After your health screening, here's what will happen.***

Your technician/practitioner will send your images and client form to the reading doctors for review.

A reading doctor will review the images and prepare a report that describes any findings, concerns, or other issues that you should know.

Within 2 – 5 days, the reading doctor will send a copy of the report to us and to you.

For a small extra fee (paid to the reading doctor), you can consult directly with the reading doctor to review and discuss the findings.

You and your doctor use the results to determine an health plan, a plan that is informed and appropriate for you.