

## Safe Breast Scan

Patient's Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone #: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_  
Email: \_\_\_\_\_

Have you ever been diagnosed with breast cancer?  Y  N Date: \_\_\_\_\_  R  L Breast  
Do you have a family history of breast cancer? If yes, who? \_\_\_\_\_

Date of your last mammogram: \_\_\_\_\_  
Was it:  Normal  Abnormal  Suspicious  Watchful –  R  L Breast

Date of your last breast ultrasound: \_\_\_\_\_ Were both breasts imaged?  Y  N  
Was it:  Normal  Abnormal  Suspicious  Watchful –  R  L Breast

Was a follow up biopsy recommended after your LAST mammogram, ultrasound, or MRI?  Y  N

Date of last breast exam by a doctor: \_\_\_\_\_  Normal  Lump  Thickening –  R  L

Any tests recommend after this last breast exam? (ex. mammogram) \_\_\_\_\_

Date of any breast biopsies: \_\_\_\_\_  R  L Breast

What was found on the biopsy?  Cancer  Other \_\_\_\_\_  R  L Breast

Any breast surgeries? Date and what was done? \_\_\_\_\_  R  L Breast

Have you had a mastectomy?  Complete  Partial Date: \_\_\_\_\_  R  L Breast

Was the nipple removed?  Y  N Was the surface skin of the original breast entirely removed?  Y  N

Any breast reconstruction? What was done? (ex. trans flap, implant) \_\_\_\_\_  R  L Breast

Any breast radiation treatment? Date of last treatment \_\_\_\_\_  R  L Breast

Are you currently pregnant?  Y  N

Are you currently nursing?  Y  N

Are you CURRENTLY experiencing any of the following with your breasts:  None

Lump  Thickening (date found \_\_\_\_\_; found by  Self breast exam  Doctor exam)

Pain:  Dull  Sharp  Burning  Stinging  Tenderness  The pain changes with my cycle

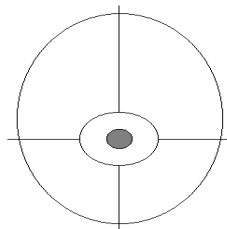
Thickening  Skin changes ( Color  Texture  Over the lump)

R  L Nipple discharge ( Bloody  Milky  Clear  Through 1 duct  Through multiple ducts)

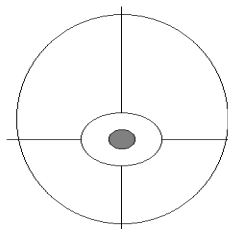
R  L Nipple retraction ( For many years  Recently)  R  L Nipple changes ( Color  Texture)

Other \_\_\_\_\_

Place an [ O ] on the diagram in the area of the lump. [ M ] for a finding on your mammogram / ultrasound / MRI.  
[ W ] for an area being watched. [ X ] in the area of pain, tenderness, or skin changes. [ # ] in the area of  
thickening. [ +++ ] in the area of a scar



RIGHT



LEFT

### Re-Exam

High T: \_\_\_\_\_ Low T: \_\_\_\_\_

Tech: \_\_\_\_\_

Pt T = \_\_\_\_\_ F Rm T = \_\_\_\_\_ C  R  L Nipple retraction  R  L Areola traction SLQ SMQ ILQ IMQ

R  L Skin surface bulge or dimple SLQ SMQ ILQ IMQ  R  L Skin changes SLQ SMQ ILQ IMQ

R  L Nipple changes ( Color  Texture)  R  L Nipple discharge ( Bloody  Milky  Clear – S M)

Welcome to our center. Before you arrive for your thermogram, certain protocols must be followed in order to ensure that your images reflect accurate information. Please read the following instructions and strictly adhere to them.

- No prolonged sun exposure (especially sunburn) to the body areas being imaged 5 days prior to the exam.
  - No use of deodorants, lotions, creams, powders, or makeup (no facial makeup for full body or upper body scans) the day of the exam.
  - No shaving of the areas to be imaged the day of the exam.
  - No treatment (chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use) or physical stimulation of the areas to be imaged for 24 hours before the exam.
  - No exercise 4 hours prior to the exam.
  - If bathing, it must be no closer than 1 hour before the exam.
  - If you are using pain medications, please avoid taking them for 4 hours prior to the examination. **You must consult with the prescribing physician for his or her consent prior to any change in medication use such as this.**
  - You must wait at least 4 weeks after having a fine needle or core biopsy of the breast before a thermogram can be performed.
  - You must wait at least 8 weeks after having a lumpectomy or surgical biopsy of the breast before a thermogram can be performed.
  - If you have had any surgical procedure within the last 12 weeks, please notify our office before coming in for your appointment.
- If you are scheduled for a breast thermogram, the same protocols above applies along with no physical stimulation of the breasts for 24 hours before the exam, and if you are nursing please try to nurse as far from 1 hour prior to the exam as possible.