

CRT Contact Regulation Thermography

Client Prerequisites:

- Avoid any neural therapy, acupuncture etc for two weeks prior to your scan.

Please observe the following on the day of your CRT appointment:

Food & Drink

- Do not smoke or consume alcohol.
- Have a light breakfast.
- Avoid hot or cold caffeinated beverages i.e. juice & coffee one hr prior to the CRT scan.

Clothing & Accessories

- Wear loose fitting long sleeved and long legged clothing.
- Wear a shirt or blouse with a buttoned or zippered front. Avoid turtleneck sweaters. Avoid tight elasticized clothing.
- Remove eyeglasses 15 minutes prior to CRT scan.
- Loose hair should be tied back.
- If you are not large breasted, please do not wear your bra the morning of your CRT scan.

Cosmetics

- Do not brush your teeth.
- Do not bathe or shower the morning of your CRT scan. You may wash your face with luke warm water. Do not wear make-up.
- Do not use any body or facial creams, antiperspirant or deodorant.

Activities

- Avoid any strenuous activities such as sports or sex.
- Wait three days after a flight before having a CRT scan.

Other

- Wait three days after a flight before having a CRT Scan.
- Where are you in your menstrual cycle? _____
- Take only the medications prescribed for you. Avoid over the counter drugs or homeopathics.