

# Integrative Life Solutions, Inc.

## Breast Thermography Procedure

Follow the Thermography Pre-Imaging Instructions beginning 5 days before the test.

These instructions can be found on the ILSI website at:

[http://www.integrativelivesolutions.com/\\_images/ILSIThermography\\_Pre-Imaging\\_Instructions\\_English\\_1-11-10.pdf](http://www.integrativelivesolutions.com/_images/ILSIThermography_Pre-Imaging_Instructions_English_1-11-10.pdf)

**Please arrive 15 minutes before your exam appointment.**

Check in at the front desk. They will give you a Client Information Sheet to fill out.

(Or you can download this form off our web site and complete it at home to save time.)

**Wait in waiting room:**

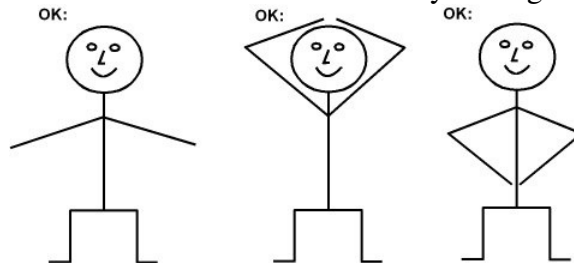
- A) Fill out Client Information Sheet and give it back to front desk.
- B) Arrange payment for exam.
- C) Use rest room if needed (recommended).
- D) Do NOT have anything to eat or drink. No gum chewing.

**When you are called into the Thermography Room:**

- A) One person may accompany you during the procedure.
- B) Remove all clothing from above the waist. Clothes hangers are provided.
- C) Remove any jewelry from chest area. No necklaces, chest piercing jewelry, or large earrings. A shelf for jewelry items is provided.
- D) Shut off or silence all cell phones or other communication devices.  
**No cell phone use** – microwaves are warming! Keep your cell phone away from your body. Cell phones are always transmitting when on.
- E) Tie back any long hair so it is off your shoulders and front of neck. Hair ties are provided if you need one.
- F) No gum chewing.

**During the 15-minute acclimatization at 68°F:**

- A) Lie face UP on the table with your arms away from your body so all sides of the breasts are exposed to the cool air. Minimize any talking. Napping is OK.



- B) Keep your arms and hands away from your chest as shown. Do NOT touch, rub, or scratch your breasts or the surrounding skin.
- C) At the end of the 15-minute cooling time, the first infrared images will be taken of the underside of the breasts while you are lying down. Then you will be asked to stand up for the other images.
- D) When the Thermographer asks you to stand up, keep your arms away from your sides and breasts as shown in the illustrations.
- E) The Thermographer will position you and take the proper images.
- F) After the images are taken and downloaded from the camera, you may get dressed, put your jewelry back on, and check out at the front desk.

## **Thermography Follow-up and Results.**

- A) Your Thermogram will now go through digital post-processing, interpretation, report generation and archiving. Results will be mailed or emailed to you and your chosen health-care provider(s) within two weeks. The thermographic images are best viewed on a full color computer monitor. Color prints of the images are not as satisfactory.
- B) Results sent to you will include:
  - a. If emailed: A full color PDF report explaining any problem areas and recommended follow-up or referrals. The first page of this report can be printed on a monochrome printer as a Summary Report for hard copy.
  - b. If mailed on a Compact Disc (CD): The PDF report of today's Thermography and all digital files in full color of all your thermography exams at ILSI for comparison or review.
  - c. A printed receipt (or PDF copy if emailed) with the proper medical diagnosis and procedure codes for insurance reimbursement. Contact your medical insurance company for instructions on how to submit this receipt. A written order for the Thermogram from your medical practitioner may facilitate insurance reimbursement.
- C) Results sent to your health-care provider(s) per your request:
  - a. If FAXed: A one-page Summary Report, explaining any problems and recommendations.
  - b. If emailed: A full-color PDF file including the Summary Report and annotated infrared images.
  - c. Or we can send the provider all your full-color digital files on a CD. The first page of the PDF file of today's exam can be printed by their office as a Summary Report if they use paper medical files.
- D) All your files will be archived on the backup servers at ILSI for future reference and comparison. Backups are also kept off-site for data preservation.
- E) You will get a mailed reminder in one year to repeat your thermography. If any problems are noted on your exam, the thermographer may recommend in the Summary Report that you repeat your thermogram sooner.
- F) Personal consultation with the Thermographic Interpreting Physician may be arranged. This may be important if you have special problems with your breasts, or have breast thermograms from other thermographic services for comparison. There is an additional fee for these consultations.

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