

Integrative Life Solutions, Inc.

Pre-Thermography Instructions

For the best thermography results, follow these instructions fully.

Within 5 Days of Thermography:

Avoid sunburn. No sun tanning or tanning booth treatments.

Within 2 Days of Thermography:

Avoid hangovers. No heavy alcohol consumption or getting drunk.
No X-Ray Mammography.

Within 1 Day of Thermography:

No physical therapy, Chiropractic treatments, acupuncture, massages, diathermy, electrical muscle stimulation (EMS), nerve stimulation (TENS), or heat / cold therapies (Unless the thermography is done to see the effect of the therapy). No stimulation of breasts.

After Midnight before Thermography:

No alcoholic beverages.
No shaving (or other types of hair removal).
No use of deodorants or antiperspirants.
No use of powders, lotions, creams (including hormone), or makeup on the area to be imaged.

Within 4 Hours of Thermography:

Avoid getting overheated. No physical exercise (running, gym workout, sauna, etc)
Avoid taking all prescription medicines, if possible.
Especially blood pressure and circulation drugs.
Avoid taking any non-prescription medicines, especially cold remedies and niacin.
No smoking or use of other nicotine-delivery products (snuff, gum, patches, etc).
No very spicy-hot foods.

Within 1 Hour of Thermography:

No showering or bathing. No hair dryer use.
Only room temperature or lukewarm food and drink (nothing very cold or very hot).
No breastfeeding.

Note: Dress in loose, two-piece clothing for breast exams.

For full-body exams, wear brief-type underwear during the exam.

Within 15 minutes of Thermography:

Use the restroom to avoid having to “go” during the 15-minute cold acclimatization time.
Nothing to eat or drink.
No gum chewing.
