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Thermogram: The Imaging Process Step by Step

In the waiting room: Please arrive 15 minutes before your scheduled appointment with your completed packet of forms. We want you to adjust to room temperature and settle your heart rate. So, take off your coat, go to the bathroom, drink some water, turn off your cell phone and make yourself comfortable.

During this time, we will ask you to make sure you have reviewed and signed your completed forms.

In the Imaging Room the technician will review your medical history and symptoms. They will then explain the imaging procedure to you and answer any questions you may have. This is the time to ask any questions before beginning the breast imaging.

They will then ask you to disrobe from the waist up and acclimate to the room's cooler temperature (about 68°F) for ten minutes. Please make sure hair is up off shoulders and all jewelry is removed. Sit or stand with your hand on your waist, making sure your arms are away from your breasts and sides so your underarms and breast area can cool to the room temperature.

IMPORTANT: Once the acclimation period has started, you *must not touch any part of your upper body* until all imaging is complete. Any touching can make the imaging less accurate.

The accuracy of the thermogram depends on making sure that the camera is adjusted to take an image of a specific area of your body at precise angles. The images the technician will take must be taken within a short period of time. It is important that you listen to the technician's instructions and that you follow his directions as they give them to you.

After the ten minute acclimation period, the technician will tell you where to stand in front of the camera, how to raise your arms and in what direction to look. Please wait silently while, he adjusts the camera and records the first set of images. Don't try to memorize every detail, you will be given verbal instructions throughout the whole process.

The First Image Set

- In the first image, you will stand with both arms raised, fingers interlocked behind your neck, chin up. You will face directly into the camera. Because symmetry is important, the technician must assure that you are facing directly into the camera and not turned even a little to the side.
- In the second image you will turn to your left about 60 degrees with both hands still interlocked behind your neck, chin up.
- The third image is the mirror image of the second image. With both hands still interlocked behind your neck, you will stand with your body turned approximately 60 degrees from the camera, to your right.

A Functional Challenge

Immediately after the right image is recorded, we will ask you to place both hands wrist deep in a basin of 53° F water for exactly one minute as timed by the technician. Once a minute has passed, an assistant will help you to quickly and carefully dry your hands to insure not touching or wetting your breast area.

The Second Image Set

- The fourth image is made with both hands still interlocked behind your neck, chin up. You will face directly into the camera.
- Symmetry is important. The technician will direct you to achieve this.
- The fifth image is made while standing turned about 60 degrees to the left with both hands still interlocked behind your neck, chin up.
- The sixth and last image is made after the technician asks you to turn about 60 degrees to your right from the camera and with both hands still interlocked behind your neck, chin up.

Submit Your Study For Analysis

- Once the imaging process has been completed, the technician will save your complete study, which includes all captured images and your medical history into a single electronic folder that will assure proper identification of your data. Once saved, the study will be submitted to Thermascan medical laboratories via a secured internet connection.
- If any image is not perfect or if the time limit is not met, the imaging process must be completed starting again from acclimation to the room temperature.
- The interpretation and results can take up to 10 business days to come back
- Unless immediate action is required, your results will be discussed with the Dr. Manrique at your next appointment. If you are not Dr. Manrique's patients, your results will be sent to your ordering physician.