

# Patient Information:

## Breast Screening with Digital Infrared Thermal Imaging

### (Thermography)

#### **Purpose of test:**

For early detection of abnormal changes in the breasts requiring further diagnostic testing.

#### **Patient preparation:**

***Do not smoke for 2 hours before the test***

***Do not use lotions or powder on your breasts or surrounding areas on the day of test***

***Avoid sun exposure on day of test***

***Diet - Nothing hot or very cold 2 hours prior to testing***

***Medicines - No changes necessary***

Disrobing - Remove all upper body clothing and jewelry. Put on surgical gown supplied. Shoulder length hair or longer, put up on top of head with no loose wispy hairs.

Inform your Thermographer if you have had any recent skin lesions on your breast; the inflammation can cause a false positive result.

#### **How the test will feel:**

The number of people involved in the procedure will be limited to protect your privacy.

The room air may feel cool on your breasts as they adjust to room temperature before scanning.

Examining room temperatures are comfortable when you disrobe for the examination.

Any apprehension about the sophisticated thermography equipment is soon dispelled, the procedure is totally non invasive, the camera does not emit radiation of any kind.

#### **Time before test results available:**

Time before results are reported to the doctor or patient varies from a few hours to a few days. Usually 48 hours.

#### **Frequently asked questions:**

*Who performs test?*

Female Clinical Thermographer.

*Any risks or side effects?*

None. Procedure non-invasive, non-contact, no radiation.

*How long does it take ?*

Patient time for test: 30-40 minutes for first procedure.

15-20 minutes for followup

#### **You are welcome to bring a companion or partner to be present at the examination**

While participation in a DITI early detection program can increase your chance of detecting and

# Patient Instruction Sheet

1. No powder, lotion or deodorant on the area to be scanned.
2. No smoking for a minimum of 2 hours before the test.
3. No excessive hot or cold food or drinks prior to the test.
4. No vigorous exercise 2 hours prior to testing.
5. No physical therapy, massage, chiropractic adjustments, acupuncture or electromyography on the same day prior to the thermography.
6. Avoid strong sunlight on the day of testing.
7. No sunburn that is still active or peeling – if so, delay testing until completely gone
8. Please wear loose fitting clothing, if possible.

There are no dietary or medication restrictions on the day of your scan.

TIP: If you are pregnant, breastfeeding, had surgery in the area of interest, or any biopsies, chemo, or radiation, you would need to wait 3 months after any of these events have stopped.