

Breast Screening with Digital Infrared Thermal Imaging

Purpose of test:

For early detection of abnormal changes in the breasts

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

Do not use deodorants or antiperspirants on the day of the test

Do NOT exercise heavily on the day of your test

Avoid sun exposure on day of test

Diet - No caffeine for four hours prior to test

Medicines - No changes necessary

Disrobing - Remove all upper body clothing and jewelry. Put on surgical gown supplied.

Hair should be up/off the back and neck. 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. The procedure is totally non-invasive; the camera does not emit radiation.

Time before test results available:

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

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: 25-35 minutes.

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 monitoring breast disease, as with all other tests, it is still not a 100% guarantee of detection.

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