

Patient Information:

Breast Screening with Digital Infrared Thermal Imaging (Thermography)

Purpose of test:

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

Patient preparation:

1. Do not smoke for 2 hours before test
2. Do not use lotions, powders or deodorants on day of test
3. Avoid sun exposure on day of test
4. Diet: No changes necessary
5. Medicines: try not to take any medication or supplements containing niacin until after the test
6. No Caffeine products 2 hours prior
7. Disrobing: Remove all upper body clothing and jewelry and put on surgical gown supplied
8. Inform your Thermographer if you have had any recent skin lesions on your breasts, 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 temperatures 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.

Frequently asked questions:

- Who performs test?
 - A female clinical thermographer
- Any risks or side effects?
 - None.- Procedure is non-invasive, non-contact, no radiation.
- How long does it take?
 - Patient time for test 15-20 min.

If this is your 1st screening/thermal imaging please be advised you will need to get a 2nd screening/thermal in 3months to establish a baseline.