



Appt date/time: \_\_\_\_\_  
Location: Be Well Natural Health Clinic  
Address: 1032 Goodlette Frank Rd  
Thermographer: Jo Vaccarino, CCT  
Direct Phone #: 239.250.9312  
email: jo@bwditi.com

## PATIENT INSTRUCTIONS

These restrictions are advised to prevent overheating of the body and to limit increased blood flow and circulation to areas of concern. Keep skin stimulation to a minimum prior to your scan to obtain the most accurate information.

- 1. Five days prior to scan:** Avoid prolonged sun exposure or tanning booth. Sunburn would preclude the exam.
- 2.** Do not schedule your Thermogram during menstruation or within 2-3 days before the start of your cycle. Estrogen stimulation and circulation are highest during those times.
- 3. Within 24 hours of your scan:** No mechanical treatment or stimulation. This includes chiropractic adjustments, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use.
- 4. Day of your scan:** Avoid caffeine. Do not wear heavy jewelry. Do not stimulate the skin by rubbing with lotions, shaving or applying roll-on or stick deodorants. Spray deodorants are acceptable.
- 5. Four hours before your scan:** No exercise or strenuous physical activity. If you are using anti-inflammatory medications, please do your best to avoid taking these drugs before your examination: Aspirin, Advil, Aleve and Ibuprofen.
- 6. Two hours before your scan:** No smoking.
- 7. One hour before your scan:** Do not bathe or eat food.
- 8.** It is best to wait until you have stopped nursing for at least three months before getting a Thermogram. The exception is if you are having problems that suggest an infection or mastitis. Thermography can be very helpful under these circumstances.
- 9.** If you have had a biopsy or lumpectomy it is best to wait at least three months before establishing/re-establishing a baseline.

Your exam will require you to disrobe prior to the exam; a gown will be provided. This allows time for your skin's surface temperature to equilibrate to the room's cool temperature. Please wear comfortable, loose fitting clothing and allow 45-60 minutes for your appointment.

## *Breast Thermography FAQ:*

- Who performs this test?** Female Certified Clinical Thermographer.
- Risks or side effects?** None. This procedure is non-invasive, non-contact, and emits no radiation
- Medicines:** No changes necessary
- How the test will feel:** The procedure is very discreet. The number of people involved will be limited to protect your privacy. Your thermographer (CCT) will introduce you to the equipment, explain the procedure and answer any questions you may have. The room air may feel cool on your breasts as they adjust to room temperature before scanning. The procedure is completely non invasive, no contact, and the sophisticated DITI camera does not emit radiation of any kind.
- Disrobing:** You will be asked to remove upper body clothing and jewelry. Gown available upon request.
- Inform Thermographer:** If you have had any recent skin lesions on your breast; the inflammation can cause a false positive result. Also inform the thermographer of the location of any scars or tattoos.
- Test results:** Results are reported to the doctor or patient varying from a few hours (if urgent) to one week (if mailed). If you have had a previous thermogram, subsequent results will be compared to previous results.

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.