

PATIENT INSTRUCTIONS

Please follow these instructions before receiving your breast thermogram. Failure to follow these instructions may mean that you will have to rebook your test. Please call 780-420-0373 if you do not understand these instructions.

PRE-BREAST IMAGING INSTRUCTIONS

24 HOURS PRIOR

- **Avoid exercise, heavy physical activity or any physical stimulation or treatment of the breasts.**
- **No massage therapy, lymphatic drainage, chiropractic treatment, acupuncture or dental work.**
- **No sauna, steam bath, hot tub, bath tub or hot shower. Luke warm showers are allowed.**
- **No shaving of your underarms the day prior to or on the day of the exam to avoid skin abrasions.**

DAY OF EXAM

- **Do not wear restrictive clothing such as a bra, sports bra or shelf bra to the exam.**
- **No Thyroid medication, vitamins, minerals, supplements, or hormone creams on the morning of the exam.**
- **Do not take any vasodilators or alpha blockers on the morning of the exam. If you are concerned about this, please book an early morning appointment and have your *doctor's written permission* to not take your medication for that morning.**
- **No use of deodorants or antiperspirants the day of your exam.**
- **No coffee, tea or any hot beverage the day of the exam.**
- **No use of lotions, creams, powders or makeup on the breasts the day of the exam.**
- **No bathing on the day of the exam.**
- **No prolonged sun exposure (especially sunburn or tanning beds) to the breasts 5 days prior to your exam.**

***Hair must be off your neck for the exam.**

WHAT TO EXPECT DURING BREAST THERMOGRAPHY

The whole procedure takes about ½ hour (30 minutes). There will be a form to fill out regarding breast health history and symptoms and other health history relevant to breast disease risk, including menstrual cycle and pregnancy history. All images are taken by a female thermography technician.

You will be brought to the thermogram room. You will then be asked to remove all clothing and jewellery from the waist up. If your hair touches your neck, you will be asked to lift it off your neck. If you forget your own hair tying items there will be some available for you.

You will then be asked to sit still on a stool for 15 minutes to allow your breasts to acclimatize (adjust) to the room temperature, which will be cool (20 to 22 °C). **It is very important that during that time you do not touch any part of your body from between your chin to your navel.** If you do touch yourself the test will be invalid and you will have to re-book the test for another day. During the 15 minutes you are waiting you may ask the technician any questions you might have.

When the 15 minutes are up the thermography technician will align you up to the camera to assure a good image and will then take 6 infrared images of your breasts: 2 straight-on images, right and left partial side views, and right and left side views.

WHAT WILL THE BREAST THERMOGRAM SHOW

The breast thermogram is a test procedure that shows the infrared radiation (heat) emitted from the body. Usually, abnormal cells are hotter than surrounding cells because of the increase in blood supply they create. The thermography scan will show the contrast between normal breast tissues and the hotter problem area. It can provide a good picture of breast-tissue-cell activity. Breast thermogram is an adjunct to a mammogram and is particularly useful for women with breast tissue that is hard to read with a mammogram – those who are premenopausal (under 35-40 years), have fibrocystic breasts, have breast implants, or have especially large or small breasts.

