



*Coast to Coast Thermography, Inc.
& Thermography Center of Santa Barbara*

Client Information:

Breast Screening with Digital Infrared thermal Imaging (thermography)

Purpose of Test:

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

Client Preparation:

Do not smoke for 2 hours before the test

Do not exercise or receive a massage just before the test

Do not use lotions, deodorant or powders on your breasts or surrounding areas on the day of test

Avoid sun exposure on day of test

Diet – no change necessary

Medicines – no change necessary

During your appointment you will be removing all upper body clothing and jewelry. You may feel more comfortable wearing a skirt and top or pants and a blouse so that you do not have to fully disrobe. A gown will be supplied for your upper body during the cooling down period when you arrive. Your hair will need to be tied up as well above your shoulders during the exam and cooling down period. Inform your Thermographer if you have had any recent lesions on your breast as the inflammation can cause a false positive result.

How the test will feel:

The test takes place in a relaxed, peaceful & private room. The room air may feel cool on your breasts as they adjust to room temperature before scanning but you will be lightly robed during the cooling process (about ten minutes). Examination room temperatures are comfortable once you disrobe for the image taking. Any apprehension about the sophisticated thermography equipment is soon dispelled as the procedure is totally non-invasive and 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 days to one week.

Frequently asked questions:

Who performs test?

Female Certified 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 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 100% guarantee of detection.