



DITI PRE-SCAN INSTRUCTIONS

Before you arrive for your breast thermogram, following these protocols will ensure that your images reflect the most accurate information. Please read the following instructions and carefully adhere to them.

2 HOURS PRIOR TO YOUR SCAN - PLEASE AVOID THE FOLLOWING:

- anything that could affect the dilation or constriction of your blood vessels
 - (i.e., caffeine, tobacco or alcohol),
- anything that could affect your core body temperature
 - (i.e., strenuous exercise or physical exertion),
- anything that could cause heat to your body
 - (i.e., extremely hot shower or sauna, prolonged sun exposure/sunburn/tanning beds)

THE DAY OF YOUR SCAN – PLEASE AVOID THE FOLLOWING:

- any type of body work
 - (i.e., acupuncture, massage, extreme chiropractic adjustments),
- lotions, creams, powders or perfumes in the areas we will be scanning
 - (neck, underarms and breast areas),
- deodorants or antiperspirants,
- shaving – if you choose to shave, please do so the day before your appointment