

# **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