

**What you should know about Digital Infrared Thermal Imaging (D.I.T.I.)**

**NO RADIATION NO PAIN NO CONTACT Breast Full Body**

**Test Preparation prior to scanning:**

•  **skin:** no lotions, deodorants, creams or liniments on the body (make-up acceptable unless face scanned), no shaving or waxing day of scan, no sunbathing day of scan
•  **diet:** no caffeine, hot drinks, or alcohol for at least 4 hours prior to scanning, no gum chewing 2 hours prior
•  **medicines:** no changes necessary ( **inform thermographer** of all medications, bring a list)
•  **activity:** no exercise for at least 6 hours prior to scanning
•  **smoking:** no smoking for at least 4 hours prior to scanning
•  **treatments:** no massage, no chiropractic, no body work, no physical therapy, no electromyography on day of scanning (If questions on other types of treatments, discuss with thermographer prior to appointment day.)

**Procedure experience:**

•  **room temperature:** a 15-20 minute acclimation period in a temperature controlled thermography room in a gown prior to scanning
•  **disrobing:** clothing and jewelry will be removed depending on body area being scanned. You are welcome to bring a companion or partner to be present at the time of scanning. This is entirely up to you since you will be disrobing during the scan as necessary. Hair will be tied up.
•  **time for scan:** 20-60 minutes depending on number of body areas requiring scanning

**Scan results:**

•  results are generally available within 3-5 business days to the thermographer
•  results are either mailed or picked up based on client preference
•  results can be reviewed with the acupuncturist to understand physician thermologist report once received
•  results can be sent to the client's healthcare provider upon request
•  results sent to the healthcare provider can be reviewed with the thermographer at no additional cost
•  recommendations for breast screening include an initial breast scan followed by a 3 month scan to establish a baseline, from which yearly scanning can then be compared

While thermal imaging is a valuable screening and monitoring tool, it is not diagnostic nor are the results 100% guaranteed (as with all other tests used in clinical practice).

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