

DIGITAL IMAGING SESSION WHAT TO EXPECT

PREPARATION STAGE

- You will be asked to complete a questionnaire on your breast health.
- On the second page of the questionnaire, you indicate your health professional(s) that you would like a report sent to.
- You will be escorted to a private room where you will undress to the waist to allow your breasts to cool to room temperature (20 degrees Celsius) for approximately 10 minutes.
- Leave on jewellery as long as it does not touch the breast. Remove your watch and bracelets and put them in a safe place so you don't forget them.
- Sit in a forward position to allow the breasts to cool. Your arms should be held away from the body. You can relax or read.
- When the cooling time is over you will receive a gown and be escorted to the screening area.

SCREENING STAGE

- The technician will have you stand with your hands on your head. Three (3) images will be taken with the digital infrared camera; right, left and frontal views.
- Cold Challenge: You will put your hands in cold water for one (1) minute. This is a cold challenge to your blood vessels. Normal blood vessels will constrict; abnormal blood vessels don't respond in the same way.
- The technician will then repeat the three (3) images.
- The screening is complete and you may get dressed and return to reception.

REPORT STAGE

- Reports will be mailed to you and your health professionals if requested.
- An approximate return date will be indicated on the day of the clinic. Please bring the full address including postal code for the health professional(s) to whom you want a report sent. For repeat screenings, we do maintain address information for your health professionals.