

## **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.
- If you require the report quickly, you can request a STAT report which will arrive within approximately 2 weeks. There is an additional fee.