



INNOVATIVE  
THERMAL IMAGING

## Patient Information Sheet

Digital Infrared Thermal Imaging (Thermography).

### Purpose of test:

- Help in determining cause of pain.
- Evaluate sensory-nerve irritation or significant soft-tissue injury.
- To define a previously diagnosed injury or condition.
- To identify an abnormal area for further diagnostic testing.
- For the early detection of lesions.
- To follow progress of healing and rehabilitation.
- To provide objective evidence.

### Frequently Asked Questions:

- **Where is test performed?**  
Doctor's office.
- **Who performs test?**  
A Female Certified Clinical Thermographer
- **Any risks or side effects?**  
None. The procedure is non-invasive.

### Patient preparation:

- **Do not use deodorant, creams, lotions, powder or antiperspirant on the day of the exam.**
- Do not have physical therapy, manipulation or acupuncture on the day of the scans.
- Activity - Do not smoke for 2 hours before the test. Stay out of strong sunlight day of test.
- Diet - No changes necessary.
- Medicines – Anti-inflammatories may influence certain aspects of the scan

### Description of test:

- Patient time for test: 15-30 minutes.
- You are given time for your skin temperature to equalize with the room temperature.
- Thermograms are taken of the whole body, or just areas under investigation.
- A lumbar assessment would typically include, low back, pelvis, and legs.
- A cervical assessment would typically include, head and neck, upper trunk, and arms.
- Disrobing - Remove all clothing and jewelry over area to be scanned. A gown will be provided.

### Immediate post-test care:

- None required.

### Additional tests and studies:

- May be required to establish a precise diagnosis.

### Time before test results available:

- Time before results are reported to the doctor or patient varies from a day to one week.
- Urgent reports are available for a fee.

**You are welcome to bring a companion or partner to be present at the examination**

*While participation in a DITI early detection program can increase your chance of detecting and monitoring breast disease, as with all other tests, it is still not a 100% guarantee of detection.*

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