



DITI

Important Information for Patients

- ◆ When booking your Thermal Imaging appointment you should be sent a questionnaire to complete together with a patient information sheet. Please read the patient information sheet carefully prior to your scan and follow the instructions to ensure the best quality scan. You should bring the completed questionnaire with you to your appointment.
- ◆ Please allow plenty of time for your travel to Harley Street so that you have a few minutes before your scan to relax and allow your body temperature to cool down.
- ◆ You are entitled to request a chaperone to be present at your Thermal Imaging session. This may be a friend or relative or we can arrange for a member of our staff to also be present should you wish.
- ◆ Your scan report will normally be posted to you during the week following your scan. If you need your results more urgently please discuss this with the Thermographer at the time of your scan.
- ◆ An additional report and set of images can be sent to your referring practitioner free of charge. Any further sets requested will be charged at £10 per set to cover the cost of printing and administration.
- ◆ Please note that the DITI reports should not be used for self diagnosis – it is important to discuss the results with a qualified practitioner.
- ◆ If you have any questions about your report or would like some advice on what options are available to you, please call the office and ask to speak to the Thermographer. Please note that the Thermographer is not qualified to interpret your report
- ◆ Should you wish to discuss your scan results in more detail with Dr Daya it is necessary to complete her patient questionnaire as she will need to know your case history. You may book an appointment to see her in person or have a telephone consultation. This will be charged according to Dr Daya's fee structure, available on request.



Important Information about the scan

What preparation is needed before having the DITI?

You will be asked to complete a questionnaire prior to the scan
Do not drink or eat anything hot within 2 hours of the scan
Do not smoke for 2 hours before the scan
Do not drink alcohol on the day of the scan
Do not use lotions, powder or deodorant on your breasts or surrounding areas.
Do not carry heavy bags on shoulder or particularly straps across the breast region under the arms
Avoid sun exposure on day of scan
Medicines - No changes necessary

How long does the DITI take to do?

You should allow 30 minutes for your first scan.
Follow up scans will take approximately 15 - 20 minutes.

What happens on the day of the scan? You will be directed to a private room where our female Thermographer [Carol Brough](#) will confirm the details of your case history with you.

You will then be taken to a small private scanning room where you will be asked to remove all upper body clothing, and jewellery, and secure hair away from the neck. Surgical gowns and hair clasps/nets are provided for your comfort should you wish.

You will be asked to sit on a stool with your hands on your hips for a few minutes to allow your body temperature to stabilise. During this time Carol will explain the procedure to you and prepare the camera. The room air may feel cool on your breasts as they adjust to the room temperature before scanning.

Once your body temperature has stabilised and the camera positioned, we will take 6 images (anterior, left and right laterals, left and right obliques and posterior). You will be asked to clasp your hands behind your head for a few seconds while each scan takes place.

At the end of the session you will have an opportunity to look at your pictures briefly.

How soon do I receive the report?

We normally allow one week from the day of the scan to the day it is posted to you, although often the turnaround is sooner. All reports are sent out first class.

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.