



Patient Instruction Information: **BONE DENSITY SCAN**

Your Appointment Information

Date: _____

Time: _____

Location: _____

What Is It?

An enhanced form of x-ray technology, bone density scanning (DXA) is used to measure bone loss. DXA scans are usually performed on the lower spine and hips.

The purpose of a DXA scan is to diagnose osteoporosis, which is the gradual loss of calcium, as well as structural changes, causing the bones to become thinner, more fragile and easier to break. In addition to diagnosis, DXA scans can be used to track the effects of treatment for osteoporosis and other bone-loss conditions. Also, a DXA test can also assess an individual's risk for developing fractures.

How Long Will I Be Here?

- Prep - 10 minutes
- Scan - 15 minutes
- Post - 10 minutes

ENTIRE TEST - Approximately 35 minutes

What Do I Need To Do To Prepare?

- Arrive 30 minutes before appointment time to register
- Inform staff and physician of any food or drug allergies
- Bring a copy of your order (if you have it)
- Bring insurance card and referral numbers (if required)
- Inform staff of any potential pregnancy
- Bring a list of medications with you
- For your convenience, we ask that you don't wear anything with buttons, snaps or zippers; wearing pants with elastic waist bands will allow you to remain fully clothed during the study
- You may eat and drink normally the day of the exam, but should not take any calcium supplements at least 24 hours before the exam
- Please bring the DEXA Bone Density orders from your physician