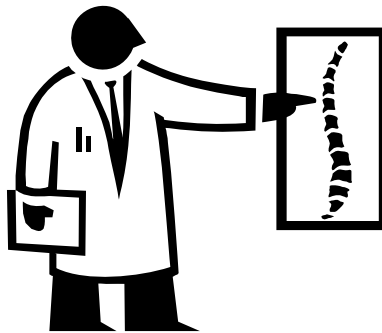


# DEXA Bone Scan Instructions

The DEXA bone scan, which your doctor ordered, is a test used in the diagnosis of osteoporosis. The scan measures bone mineral density. The areas that are scanned are the lumbar (lower) spine, the hips, and possibly the forearm. If you have had back surgery or hip replacement, we will scan the unaffected side and the forearm.

Bone density testing uses a very low level of x-rays. The entrance dose to the patient is about 1/10 of the exposure from a standard chest x-ray.



## **TEST PREPARATION:**

- 1) **DO NOT TAKE** any calcium supplements, TUMS, Multivitamins, Roloids, or any other medications with calcium in them **48 hours** before your test. Your test will be rescheduled if you have taken these as they may affect the results of your scan.
- 2) Wear comfortable clothing **WITHOUT** metal objects such as snaps, belts, jewelry, zippers, underwire in bras, etc.
- 3) If you have had a procedure that requires IV contrast within the past two weeks, this may interfere with your DEXA results. Please let us know this prior to your appointment as we may have to reschedule your scan.
- 4) Please allow 45 minutes for your appointment. It may or may not take the full time. You will **NOT** see your doctor at this appointment. If you are sick and need to be seen, your DEXA will be rescheduled. Your doctor will review your DEXA scan usually within 1-2 weeks and contact you by phone or mail with the results.

Patient: \_\_\_\_\_

Appt: \_\_\_\_\_