



👩🏻 How long does the exam take?

A complete bone densitometry exam should take only about 15 - 20 minutes of your time. Your referring doctor will receive the results of the test in about a week.

👩🏻 What does a bone densitometry exam determine?

The DEXA bone densitometry unit measures your bone mineral density (BMD). Your measurements are then compared to those of a reference population based on relevant information such as your age, weight, sex and ethnic background. All of this information is used in making a diagnosis about your bone status and fracture risk. This will help your doctor determine if any bone-building therapy is needed or can check to see how therapy is progressing.

👩🏻 Due to software database restrictions, we are unable to scan patients under the age of 21.

DXA Bone Mass Densitometry



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DXA BONE DENSITOMETRY

Bone densitometry is a fast, simple and easy examination. But, as with any medical procedure, you may be uncertain about what will happen. This pamphlet will try to answer your questions concerning your exam. If you still have any unanswered questions after reading this pamphlet please call us and speak to one of our technologists.



👉 What happens during the exam?

During a bone densitometry exam, all you need to do is lie back and let the technologist and the machine do all the work. As you are lying on the padded cushion, scans are taken of your spine and hip. That's all there is to it! If for some reason you're unable to lie on your back, or if your weight exceeds our table's safety limit of 300 pounds, we will scan your forearm as you sit in a chair.

For those of you who use a wheelchair, it may be helpful to know that our DXA table is 27" high. If you are unable to stand or transfer onto the table we will perform a forearm scan. Please let the technologist know which would be best for you. Our policy does not allow employees to lift patients onto the table.

👉 Is the exam safe?

Bone densitometry is very safe, but it does involve a very small amount of radiation. The amount is so small that the technologist remains in the room with you during the entire exam. The AP spine scan taken during the exam delivers less than one-tenth the dosage of a chest x-ray. Of course, if you believe you may be pregnant, be sure to inform your physician and the technologist before having this exam.

👉 Does the exam hurt?

Absolutely not. There is no pain associated with a bone densitometry exam.

👉 Is there any special preparation?

No special preparation is required for bone densitometry.

👉 Do I have to alter my eating habits before the exam?

Our only request is that you do not take any vitamins, calcium supplements, Tums or Roloids on the morning of your exam. If you need to take an antacid prior to your exam, please take a liquid one such as Mylanta or PeptoBismol. Please continue to take all of your prescription medications.

👉 What should I wear?

You don't need to undress for this exam, but please avoid wearing clothes with metal buttons, buckles, hooks or zippers in the abdominal area, as well as underwire bras. Jewelry such as watches, rings and earrings are fine and will not affect the exam.

👉 Will I need to do anything during the exam?

Relax, lie still, breathe normally and rest comfortably.

