

## **Bone Densitometry – DEXA Scan**

Your doctor has scheduled you for a Bone densitometry – DEXA scan. The DEXA scan is a fast, convenient way to measure bone density and evaluate bone mass. This test will use a low dose x-ray to determine and measure your bone mineral density (BMD). (As in any medical procedure, if there is a chance that you might be pregnant, please be sure to inform your doctor or operator immediately.) It will compare your measurements to a reference population based on your age, and sex. Your bone status and fracture risk will be determined from the results of the x-ray. These results will help your doctor determine a therapy treatment plan suitable for your needs.

The test involves no injections or invasive procedures. Upon completion of your procedure, the results will be forwarded to your doctor. You will be contacted as soon as the results are available and BMD and other comparisons have been determined by your doctor.

### **Preparing for the test**

The following preparations should be made prior to your test, making the test more convenient and relaxed for you:

- Wear loose and comfortable clothing. Sweat suits and/or elastic waist clothes are preferred. If possible do not wear tops with buttons or pants with zippers, buttons or grommets. You will be required to remove your bra because of the hooks.
- This is not an examination that requires you to have an empty stomach, or drink a certain amount of water.
- Relax...this may be the easiest medical examination you will ever have.

### **The Procedure**

There are no painful injections or bad tasting oral preparations involved in this procedure. The most common examination sites are the hip (femur), spine (lower back) and sometimes the forearm. Each site exam should take approximately ten or fifteen minutes each to scan. There is no pain associated with this examination. Patient should lie still, breathe normally and rest comfortably throughout the procedure. Evaluation will include measurement of height and weight and a thorough history, and risk assessment.

If you have any further concerns or questions concerning this procedure, please do not hesitate to discuss them with your physician prior to your procedure being conducted.



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