



FULL-SERVICE, ALL DIGITAL IMAGING NETWORK

### Patient Considerations for Bone Density (DEXA)

#### **Before the Exam**

There are no initial preparations needed for a DEXA Scan. You may eat normally and take your medications as usual. However, **please refrain from taking calcium supplements** for at least 24 hours beforehand. Women who may be pregnant should always inform their doctor or technologist. Please wear clothing with no buttons or zippers located in the lower back. Patients will be required to change into a gown that will be provided to you if your clothing will affect the machine. *Clothes such as sweat pants or clothing with zippers on the sides are highly recommended if you do not want to change.*

#### **During the Exam**

The exam is completely safe and painless. You may be asked to wear a gown that will be provided for you. You will be asked to lie down on a padded table and may be further asked hold an awkward position for a few moments while the scanning procedure takes place.

The length of the procedure depends on the type of scan you are undergoing. The procedure usually ranges from **20-40 minutes**.

#### **After the Exam**

You may leave immediately and return to your normal activities after the exam.

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