



What is a DEXA Scan?

A DEXA scan (also called a [bone density scan](#) or an osteoporosis scan) is a medical procedure used to estimate the amount of bone mineral content in certain areas of your body.

Why should I have a DEXA Scan?

This is a very easy and simple test that will help determine if you are at risk of developing, or have developed, osteoporosis. This test requires an order from your doctor, nurse practitioner, or physician assistant.

How long will the exam take?

The test takes about 15 minutes to complete.

What do I do before the exam?

You may eat normally on the day of your test, but avoid taking any calcium supplements for at least 24 hours before your exam. Try to wear clothing without any metal on it. If you have any questions about the preparation instructions, please call our office at 743-0445.

What will the exam be like?

You will be escorted to the exam room and asked to lie very still on the exam table. The scanner will pass over you (probably your lower back or hip) and the x-ray beams will transfer the information to the computer.

What happens with my test results?

One of our specially trained radiologists will study the x-ray films from your test and send a typed report to your doctor, nurse practitioner, or physician assistant. They can then discuss the results with you in detail.

What if I have further questions?

If you have any further questions or concerns about this procedure, please contact our office at 743-0445 or call your doctor, nurse practitioner, or physician assistant.