



## **Bone Densitometry Testing (DEXA Scan)**

### **What is a Bone Density test?**

A bone density test or DEXA scan helps to diagnose osteoporosis or thinning of the bone. Scans are taken of the lower back and hip to measure the amount of density or calcium in your bones.

### **What is involved in a Bone Density test?**

A scanner arm will move back and forth over the part of your body being scanned. You will need to lie still and breathe normally.

### **What is the preparation for the test?**

- Do not wear any clothing with belt buckles, metal, or thick plastic buttons or zippers.
- We recommend wearing pants with an elastic waist and a pullover shirt.
- Metal jewelry should be left at home prior to your arrival.

### **Before having your test, please notify staff if you have any of the following:**

- Are pregnant or think you may be pregnant
- Have any metal in the part of your body being scanned. Ex. Previous hip replacement
- Nuclear medicine scan or barium study within 7-10 days
- CT study within 3 days
- Severely curved spine, have had spinal surgery, or cannot lie on your back

*Please know that you may have to wait briefly while your images are initially reviewed. Your provider will discuss your results in your next appointment or contact you by letter.*