



## ***Bone Densitometry (DXA Scan) Information***

Your Bone Densitometry/DXA Scan is scheduled.

at Lakeview Clinic: 424 Hwy 5 West, Waconia MN 55387

If you have any questions, please call 952-442-4461 Ext. 17282

**Prior to your appointment, please check your insurance coverage for this test.**

### **Test Overview**

Bone densitometry, also called dual-energy x-ray absorptiometry or DXA, uses a very small dose of ionizing radiation to produce images of the hips, spine, or forearm to measure bone loss. DXA is commonly used to diagnose osteoporosis and to assess an individual's risk for developing fractures. DXA is simple, quick, and noninvasive. It's also the most accurate method for diagnosing osteoporosis.

### **Prep**

- You should **NOT** take Any vitamins, calcium supplements, tums, or other supplements for at least 24 hours prior to your exam. You may take any prescription medications as prescribed by your Physician.
- On the day of the exam you may eat normally.
- Leave jewelry at home and wear loose, comfortable clothing without buttons or any zippers (sweatpants are recommended).
- Tell your doctor and/or the technologist if there is a possibility that you are pregnant.
- Tell your doctor and/or the technologist if you have had a barium exam within the past 7 days or received an injection of contrast material during a CT, or nuclear medicine exam within the past 7 days.

### **During the Procedure**

During the test, the technologist will position you as you lie on a table. To assess the spine, your legs are supported on a padded box to flatten the pelvis and lower spine. To assess the hip, your foot is placed in a brace that rotates the hip inward. In both cases, the x-ray detector is slowly passed over the area, generating images on a computer monitor. You must hold very still and may be asked to hold your breath for a few second while the x-ray picture is taken to reduce the possibility of a blurred image. The test is usually completed within 20 minutes.

### **Results**

If you have not received your results within 5 business days, please contact the provider who ordered the test.

### **Osteoporosis Prevention and Treatment**

There are steps you can take to prevent the development of osteoporosis. Even if you already have the disease, these measures, along with therapies your doctor may prescribe, can help slow its progression.

- Make calcium-rich foods a regular part of your diet, or consider calcium and vitamin D supplements.
- Exercise regularly
- Don't smoke
- Reduce your intake of soft drinks and coffee
- Alcoholic beverage consumption in moderation