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Procedure Title: **DEXA Scan**

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**Patient Name:** \_\_\_\_\_

**Appointment Time:**

When: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

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**Where:** Patients should report to the Admitting office on the 1st floor where you are to check in. From there you will go to the 2nd floor to the Mammography Department. Bring any paperwork with you concerning this exam. It is very important when scheduling follow up scans that studies are scheduled on same scanner as previous exams.

**Purpose :** This test detects bone density. The radiologist will interpret the results of the scan. The DEXA scan enables the radiologist to detect bone loss, which leads to osteoporosis. The scan is pain free and non-invasive, and you are not enclosed or encased by the equipment. The amount of radiation is minimal, due to the low radiation level the radiographer is able to remain in the room with the patient during the scan.

**Preparation:** There is no preparation for the test. You may follow your normal diet and medication routine. However, there are limitations:

1. Your weight cannot exceed 300 lbs.
2. You cannot have had any other oral or IV contrast studies done in the past 3 days.
3. Withhold calcium and bone medication for 24 hrs.

**Procedure:** The scan takes approximately 30 minutes.

Wear loose comfortable clothing. Belts must be removed and pockets emptied. You may be asked to change into a hospital gown; zippers and snaps interfere with the scan.

Your lower back and left hip are scanned. If you have femoral rods, spinal rods, or have had a hip replacement, please inform the radiographer so that an alternative scan of forearm and/or opposite hip can be taken.

You will be asked to lie on your back. A large firm cushion is placed under your knees to assist you in lying flat for the spine scan. Patients find the cushion quite comfortable.

While scanning your hip area you will lie flat on your back and have your left leg turned slightly inward. The equipment moves above you without touching you and does not make a noise.

**After Care:** After your scan you may resume your normal activities. Please call (812) 254-8851 for more information on DEXA Scan.

**Reviewed:** 02/11/2013