



DEXA Bone Densitometry Preparation Requirements

- For measuring bone density in the spine, you will be asked to lie on a padded table, your legs are supported on a padded box to flatten the pelvis and lumbar spine.
- To assess the hip, your foot is rotated inwards to obtain optimum views of the hips.
- You will be asked to be very still and to hold your breath for a few second while an x-ray generator located below the table sends a thin, beam of low-dose x-rays through the spine and hips which is picked up by an imaging device positioned above.
- Images are then displayed on a monitor. Scan time is patient and clinical specific.
- Once the scan is complete the radiographer will then analyze the images, after which the radiologists will report on the examination.

How to prepare for the test?

- You will be asked to remove some clothing and wear a gown during the examination.
- Any metal objects in or on clothing must be removed as this interferes with the examination.
- You should not take calcium supplements for at least 24 hours before your exam.
- It is important to inform the reception staff and radiographer if you have recently had a barium contrast study, injected with an iodine contrast medium or had a radio isotope study. A DEXA study will have to be postponed for 10 -14 days.