

### **Patient Considerations for Bone Density (DEXA)**

#### **Before the Exam**

There are minimal preparations required for a DEXA Scan. You may eat normally and take your medications as usual. However, **please refrain from taking Calcium and Vitamin D supplements, including multi-vitamins that have calcium supplements** for at least 24 hours beforehand. Women who are or may be pregnant should inform their doctor or technologist. Exam will not be performed if patient is or may be pregnant.

Please wear clothing with no buttons or zippers located in the lower back or side pockets. Patients will be required to change into a gown that will be provided to you if your clothing may impact the exam. *Clothes such as sweatpants, leggings and clothing with no metal clips, buttons, or zippers are highly recommended if you do not want to change.*

#### **During the Exam**

The exam is completely safe and painless. You may be asked to wear a gown that will be provided to you. You will be asked to lie down on a padded table and may be further instructed to hold an awkward position for a few moments while the scanning procedure takes place.

The length of the procedure depends on the type of scan you are undergoing. The procedure usually ranges from **15-30 minutes**.

#### **After the Exam**

You may leave immediately and return to your normal activities after the exam