

ABOUT DEXA (BONE DENSITY) SCANS

A DEXA scan is a high-precision type of X-ray that measures your bone mineral density and bone loss. If your bone density is lower than normal for your age, it indicates a risk for osteoporosis and bone fractures. DEXA stands for dual energy X-ray absorptiometry. This technique was introduced for commercial use in 1987. It sends two X-ray beams at different peak energy frequencies to the target bones. The test is noninvasive, fast, and more accurate than a regular X-ray. It involves an extremely low level of radiation.

INSTRUCTIONS PRIOR TO A DEXA SCAN

1. Do not take the following supplements or medications for 24 hours prior to your exam:
 - Calcium
 - Vitamin D
 - Bone Building Medications
2. On the day of your exam, you may eat and drink as you normally would.
3. Wear loose, comfortable clothing, avoiding garments that have zippers, belts or buttons made of metal.

OTHER INFORMATION

Your healthcare provider should have the results from your exam within 24-48 hours of having the exam completed.

The results will be automatically faxed to your physician's office once the exam has been read by our radiologists.

If you have any additional questions, please contact our staff at (845) 220-2222.

Appointment Location: _____

Appointment Date & Time: _____