



DXA Scan

Patient: _____

Appointment Date: _____ **Time:** _____ am / pm

Location: Madelia Community Hospital Radiology Department

Before the Exam:

A DXA (dual-energy x-ray absorptiometry) scan, also known as a bone mineral density scan is used to measure bone loss. It is quick, noninvasive and is the most accurate method available for the diagnosis of osteoporosis with the least amount of radiation used. It is considered an accurate estimator of fracture risk.

Before scheduling your exam, please tell your physician/health care provider if you:

- Are pregnant or think you may be pregnant
- You recently had a barium examination or have been injected with a contrast medium for a computed tomography (CT) scan or radioisotope scan (Nuclear Medicine)

Two Days Before the Exam:

- Stop taking any Calcium supplements (calcium tablets, tums/antacids, multivitamins containing calcium) for 48 hours prior to this exam as it could alter the results

Days of the Exam:

- Please continue withholding calcium from your diet along with Milk of magnesia, Pepto-Bismol, and Mylanta
- Please come dressed in clothing that does not contain metal
- Bring a complete list of any medications you have taken within the last two years whether or not you are currently taking them

During the Exam:

- If your clothing is not suitable you may be asked to undress and put on a gown
- You will be asked to lie flat on your back for approximately 5-15 minutes on a cushioned table with your feet internally rotated and held in place with a positioning aid
- A scan arm will move over the top of your body, but will not touch you and will scan your lower back and hips
- Occasionally we will scan your forearm and for some patients their whole spine

After the Exam:

- You may resume taking any calcium supplements

Your exam will be reviewed and read by a Radiologist within the next 24 hours. A report will go to your provider for him/her to review. Your provider is responsible for communicating the results to you and this will be done by letter, a phone call, or a follow up appointment. If you don't have a follow up appointment scheduled and have not heard anything within a week, you have the right to call your provider's department and inquire about results.

If you are unable to keep your appointment or have questions about your exam, please call 507-642-3255.