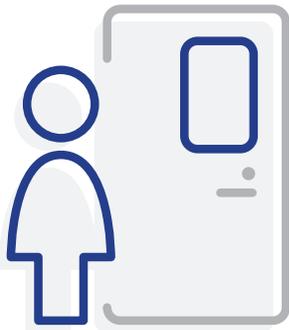


## EXAMINATION DETAILS

# DEXA

Bone density scanning, also called dual-energy x-ray absorptiometry (DEXA) or bone densitometry, is an enhanced form of x-ray technology that is used to measure bone loss. It is most often performed on the lower spine and hips.

### What to Expect During Your Appointment



#### Metallic Materials

All metallic materials and certain clothing around the body should be removed as they may interfere with the procedure or clarity of the images.

#### Short Exam Time

A DEXA exam typically takes between 10 to 30 minutes, depending on the equipment used and body parts being examined.

#### Positioning For Imaging

To assess the requested body part(s), our technologist will position you and may use support or braces to better position your body.

#### Get Your Results

Our center will contact your physician once your images are produced. Only your physician can discuss your results with you.

#### Remaining Still

Help us ensure picture clarity by remaining still. You may be asked to keep from breathing for a few seconds while the x-ray picture is taken.

### Common DEXA Applications

A DEXA exam is strongly recommended if any of these apply to you.

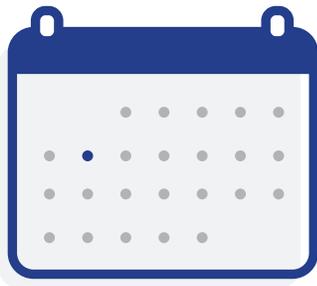
- Post-menopausal and not taking estrogen
- Post-menopausal and tall (over 5'7") or thin (less than 125 lbs)
- Personal or maternal history of hip fracture or smoking
- Male with clinical conditions associated with bone loss
- Use medications that are known to cause bone loss
- Have type 1 diabetes, liver disease, kidney disease, high bone turnover or a family history of osteoporosis
- Have a thyroid or parathyroid condition
- Have experienced a fracture after only mild trauma
- Have had x-ray evidence of vertebral fracture or other signs of osteoporosis



## EXAMINATION PREPARATION

It is extremely important that you follow these instructions for your exam.

### How to Prepare For Your Appointment



#### Eating Normally

On the day of the exam you may eat normally.

#### Wearing Of Accessories

You will be asked to remove all jewelry, glasses, hearing aids, hair pins, and other metallic objects. We provide you with your own locker for your belongings. You may also be asked to remove dentures and wigs.

#### Taking Supplements

You should not take calcium supplements for at least 24 hours before your exam.

#### Clothing For The Exam

For your convenience, please dress appropriately. Consider wearing comfortable clothing that does not have any zippers, clasps, or metallic decoration. You may be asked to wear a cloth gown.

### Alert Your Physician or An Akumin Staff Member

- You should alert your physician or an Akumin staff member, if you have any metallic implants
- Women should always inform their physician and technologist if they are breastfeeding or possibly pregnant
- If you will have problems staying still for the exam as it may cause you pain
- Had a barium examination or have been injected with a contrast agent for a computed tomography (CT) scan or radioisotope scan, as you may have to wait 10 to 14 days before undergoing a DEXA test.

