



Preparing for Your Bone Density (*Dexa*) Scan

This scan is a 10 to 20 minute scan that's *easy, quick, and painless* – just relax on a cushioned bed while a scanner arm passes over your body. You will be fully dressed when you have the procedure. **Please call and reschedule if you have any of the following factors:**

1. You should not have this test done if you are pregnant or think that you might be pregnant.
2. You should not have this test done if you have had an x-ray with contrast or nuclear study done in the past week. This includes Barium Enema, CT Scans, Endoscopy, or MRI.
3. Before your scan, you can eat and drink normally. You should not take Calcium or a bisphosphonate (*Actonel or Fosamax*) 24 hours prior to your scan.
4. Wear loose, comfortable clothing like sweatpants and a T-shirt, but no metal, such as zippers, snaps, underwire bras, buckles, or jewelry.