



## **Bone Densitometry (DEXA=Dual Energy X-Ray Absorptiometry)**

Bone densitometry is a non-surgical method of measuring bone density. Bone density (BMD) is a measurement used to estimate bone strength and the likelihood of bones breaking (fracture) with simple trauma. Thus, bone densitometry is a non-surgical method that can be used to assess fracture risk. However, it is only part of an overall assessment of fracture risk that your physician or healthcare provider can perform.

### **How should I prepare for my exam?**

On the day of the exam you may eat normally. You should not take calcium supplements or multiple vitamin supplements for at least 24 hours before your exam.

You should wear loose, comfortable clothing and avoid garments that have zippers, belts or buttons made of metal. Objects such as keys or wallets that would be in the area being scanned should be removed. You may be asked to remove some or all of your clothing and to wear a gown during your exam. Please remove jewelry, eye glasses and any metal objects that might interfere with the x-ray images.

Please inform your physician if you have recently had a barium exam or have been injected with a contrast material for a CT scan or radioisotope scan. You may need to wait 10 – 14 days before undergoing a DEXA test.

Women should always inform their physician or x-ray technologists if there is any possibility that they are pregnant. Many imaging tests are not performed during pregnancy in order to avoid radiation exposure to the fetus. If an x-ray is necessary, precautions will be taken to minimize radiation exposure to the baby.