

ARTHRITIS & SPORTS

Orthopaedics • Physical Therapy • Wellness

DEXA SCAN – PATIENT INFORMATION

What is a Dexa Scan?

A Dexa (or DXA) Scan is a bone density test which measures the amount of bone in your hip, spine or sometimes the forearm. The results will tell if you have normal bone density, osteopenia or osteoporosis. The entire test will last about 15-20 minutes.

Osteopenia vs. Osteoporosis?

What's the difference? Osteoporosis is a disease that breaks down the tissue in our bones, making them fragile and more likely to break. Osteopenia is not a disease, but a term that describes low bone density. Both can lead to fractures.

How is the Dexa Scan Performed?

You will lie on your back on a padded table. The scanner will move back and forth as it measures your bone density. The machine is very open and it does not feel "closed in."

How do you prepare for a Dexa Scan?

- Do not take calcium supplements for two days prior to the test
- Take all other medications as prescribed
- Eat and drink as normal
- Remove all body piercings below the neck (earrings are fine)
- Do not wear clothes that have zippers, metal buttons, metallic paint or sequins.
- Avoid wearing an underwire bra.