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BONE DENSITY SCAN (DEXA)

- A bone density test is simple and painless. This test uses small amounts of radiation to determine the density or thickness of bones in the hip, spine and wrist.
- Dress comfortably; it is not necessary to undress for this test. We do ask that you do not wear an underwire bra, metal buttons, zippers or hooks.
- Complete the bone density questionnaire and bring it to your appointment.
- Bring a complete list of your current medications (with the dose you are taking) including vitamins.
- Many insurance plans pay for bone density testing. You may want to check with your insurance company for specifics. Please bring your insurance card with you so that we can properly bill your carrier.
- Be sure to tell the technician if you think you may be pregnant.
- Use a restroom right before coming for the test so that your bladder is empty.
- Do not take calcium the day of your test.