



## Bone Densitometry

Bone densitometry, also known as dual-energy x-ray absorptiometry (DEXA) is an enhanced form of X-ray technology that measures bone mineral loss. DEXA scanning enables doctors to treat early-stage low bone density before it becomes more serious.

### What to expect during your exam

#### The Procedure

Bone density tests are a quick and painless procedure. The machine sends a thin, invisible beam of low-dose x-rays with two distinct energy peaks through the bones being examined. The test is usually completed within 15 minutes.

#### Positioning

You will lie on a padded table. An x-ray generator will be located below you and an imaging device, or detector, is positioned above.

#### Benefits

A simple, quick and noninvasive procedure. No anesthesia is required. The amount of radiation used is extremely small—less than one-tenth the dose of a standard chest x-ray, and less than a day's exposure to natural radiation.

### Bone Densitometry is commonly used to detect...

- Osteoporosis
- Low bone density
- Risk of developing fractures

### What to bring with you

- Photo ID
- Health insurance card(s)
- Payment for out-of-pocket expenses
- Identification card(s) if you have an implanted device
- Prior relevant images and reports

### REGISTRATION REQUIRED BEFORE EXAM



You will receive an email or text message up to 5 days before your appointment to register online.



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## EXAM PREPARATION

# Bone Densitometry



### How to prepare for your exam

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Your specific exam prep will be provided at the time of scheduling and also sent to your email address on file.

#### Eating

Depending on the type of exam, you will be instructed on what you may eat or drink beforehand.

#### Clothing

No jewelry. Comfortable, loose-fitting clothing. You may be asked to change into a gown.

#### Metal Objects to Avoid

Purse, wallet, money clip, credit cards, cards with magnetic strips, electronic devices such as beepers or cell phones, hearing aids, metal jewelry, watches, pens, paper clips, keys, coins, hair barrettes, hairpins, any article of clothing that has a metal zipper, buttons, snaps, hooks, underwires, metal threads, shoes, belt buckles or safety pins.

#### Medical

No medical restrictions.

#### Medication

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

### Important things to mention to your DCA Technologist

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Before your procedure, you may be asked to fill out a screening form asking about anything that might create a health risk or interfere with imaging. You may also undergo an interview to review your medical conditions.



#### Other Recent Exams

- Barium exam
- Injection of contrast material for a CT or radioisotope scan

#### Women

- Possibility of pregnancy

#### Limitations

- Recent illness
- Allergies
- Mobility
- Weight
- Cognitive functions
- Any other disabilities
- Surgical hardware in hip, lumbar spine, or wrist. Please notify a DCA scheduling specialist when being scheduled.

Your report will be available 48 hours after our radiologist interprets your exam.  
**Please follow up with your physician to discuss your report.**



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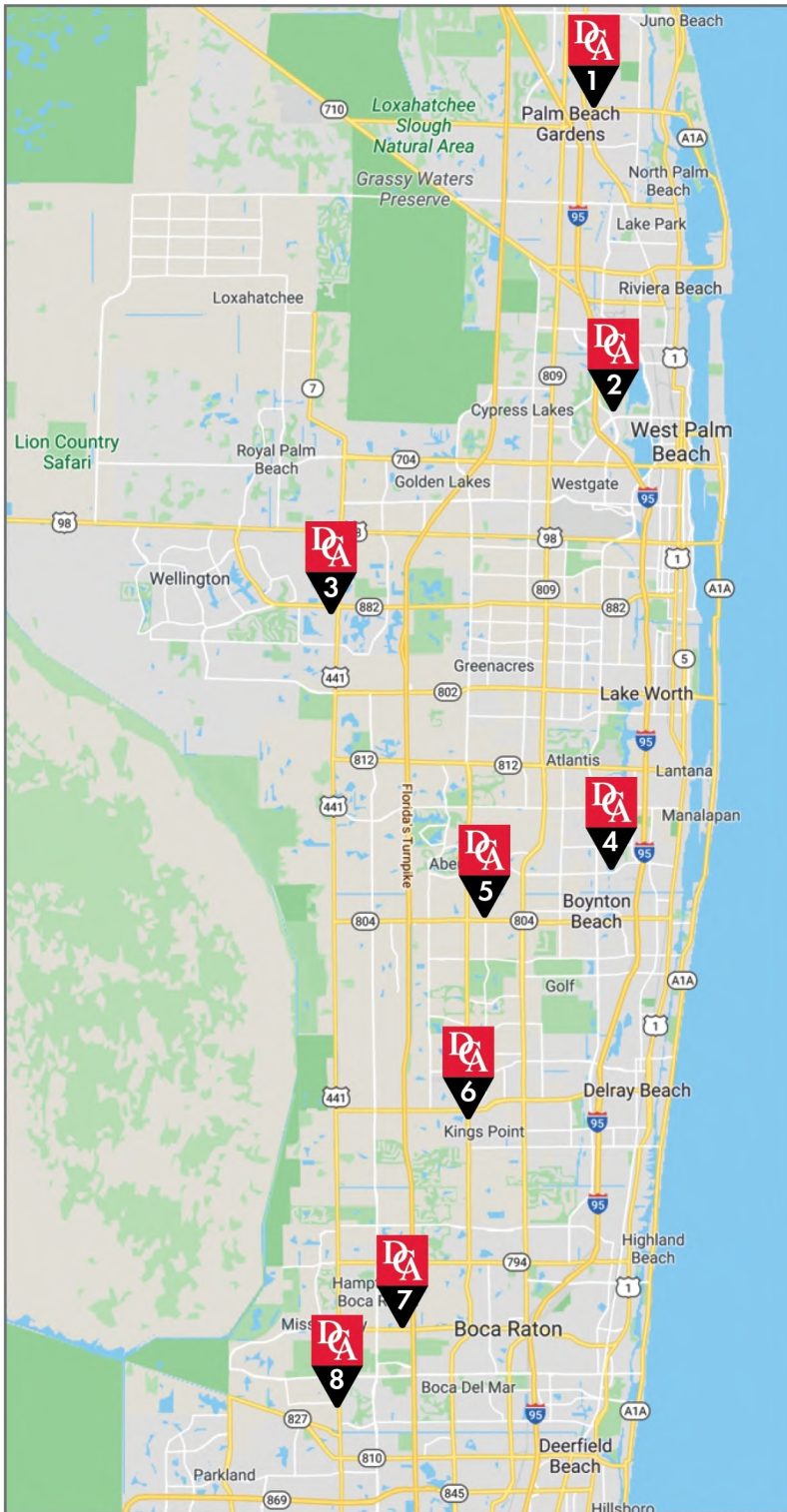
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# Conveniently Located and at Your Service



## Comprehensive Imaging Services

- Bone Density
- CT/CTA
- 3D Mammography
- MRI/MRA
- Nuclear Medicine
- PET/CT
- Ultrasound
- Digital X-Ray

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3601 PGA Blvd., Suite 100  
Palm Beach Gardens, FL 33410

**West Palm Beach**  
1572 Palm Beach Lakes Blvd., Suite 2  
West Palm Beach, FL 33401

**Wellington**  
2565 S. State Rd. 7  
Wellington, FL 33414

**East Boynton Beach**  
1425 Gateway Blvd., Suite 100  
Boynton Beach, FL 33426

**West Boynton Beach**  
6080 Boynton Beach Blvd., Suite 140  
Boynton Beach, FL 33437

**Delray Beach**  
15340 Jog Rd., Suite 160  
Delray Beach, FL 33446

**Boca Raton**  
8142 Glades Rd.  
Boca Raton, FL 33434

**West Boca/North Broward**  
23071 State Rd. 7  
Boca Raton, FL 33428



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