



**SAINT ANTHONY
MEDICAL CENTER**

Imaging Department
815-227-2790 or 815-639-8340

Test Name:
Bone Densitometry (DEXA Scan)

Welcome to the OSF Saint Anthony Medical Center Imaging Department.
You have been scheduled to have a **Bone Density Exam**.

This information will help you understand the test that has been scheduled.
Thank you for trusting OSF for your medical imaging needs.

When to come:

Please arrive 15 minutes before your appointment time to check in.

Preparation:

On the day of the exam, you may eat normally.

Inform your physician if you recently had a barium examination or have been injected with a contrast material for a computed tomography (CT) scan or nuclear radioisotope scan. You may have to wait 7 days before undergoing your bone density test.

Do not take any calcium supplements and antacid in a liquid or pill form for 4 hours before your bone density test.

Please wear comfortable clothing free of buttons, zippers or snaps of any kind. You may be asked to remove some of your clothes from the waist down and wear a gown during the exam.

Family:

Your family or friends may be asked to stay in the waiting area during your test. If adult patients must bring children with them, please bring another adult to watch the children.

Pregnancy testing:

Pregnancy testing will now be performed on females receiving diagnostics between the ages of 10 and 55 if you have not had your tubes tied or a hysterectomy. Home pregnancy tests are not acceptable. If you know that you are pregnant, please notify your doctor.

Test instruction:

You will lie on a padded table and the registered technologist will position your legs on a padded box to flatten the pelvis and lower back. The low-dose X-ray device will slowly scan over the area to generate images on a computer

The DEXA machines compute and display the bone density measurements on a computer monitor. Specially trained radiologists use these measurements to give a diagnosis.

After test instructions:

You may resume normal activity for the rest of the day.

Test results:

Your test will be read by a radiologist - a doctor specializing in reading special X-ray exams - who will complete a report that will be sent to your ordering doctor. You can make plans with your ordering doctor on how to receive your test results.

You also may schedule an appointment with the OSF Saint Anthony Medical Center bone density nurse to do a personalized review of your bone density results. Call the OSF Saint Anthony Medical Center Central Scheduling at 815-395-5444 to make an appointment.