



**Rocky Mountain
Internal Medicine, PC.**

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DEXA Bone Scan

What is it?

A DEXA bone scan is a quick, completely painless scan that will measure bone loss. It is most commonly used to detect osteoporosis.

How long will it take?

It takes about 30 minutes to perform a complete scan.

How is it performed?

You will lie down on a padded table, and a scanning arm will pass over your body. The arm will use extremely low doses of X-rays (10 times weaker than a normal chest X-ray) to create an image of your bones. The data is sent directly to a computer, and your report is printed as soon as the exam is completed.

What should I do to prepare?

If you are currently on medication for osteoporosis, make sure to avoid taking a dose with 24 hours of the scan. Otherwise, you may eat as your normally would.

On the day of your exam, make sure to wear comfortable loose clothing. Avoid garments with metal, such as zippers, belt buckles, metal buttons, etc.

When will my results be ready?

The test results will be ready as soon as the scan is completed. However, the report must be read by a doctor first, and this may take 2-3 days. If anything abnormal is found, we will call you and let you know.

Anything else I should know?

Let the technician know if you have had CT or MRI scan with contrast within the last 14 days.

If you are pregnant or think you may be pregnant: During pregnancy, a CT scan should only be performed to address very important problems or suspected abnormalities. Tell your doctor if you are breast-feeding, as you might need to pump breast milk beforehand for use during the 24-hour period following the CT scan.

If for any reason you feel you will be unable to come to your appointment, please call the office at 303-337-5575 and reschedule.