

**Central Ohio Primary Care
Radiology Department**

Bone Densitometry (DEXA)



What is a DEXA Scan?

Bone densitometry is an accurate method of measuring the calcium content (or density) of bones using low dose x-rays. The amount of calcium in a bone gives some idea of how likely it is to fracture at a later date. If the density is low, then there is a greater chance of fracture.

How should I prepare for the procedure?

No preparation is necessary. You can eat and drink normally before the test.

How is the procedure performed?

You will be asked to remove any clothes with metal fastenings or zippers which are over the hips or lower back. You will then be asked to lie on the examination table. The technologist carrying out the test will make you comfortable with pillows. Most densitometers measure the density in two areas of the body, the lower back and one hip. You will have to lie in the same position for approximately 5 minutes. The measurements are made with a mechanical arm which moves slowly above the body. You will feel nothing during the test. The technologist who remains in the room throughout the test checks the measurements. When the test is over, you can sit up and leave the room. The information obtained by the bone densitometer is processed by a computer, which then prints out the result of the test.

What are my instructions after the exam?

You may resume your normal diet and activity.

When do I get the results?

Your doctor will be sent the results as a group of numbers. Please allow a few days for your physician to follow up with you regarding the results of your test.

What do I do if I have further questions?

If you have any questions before or after your appointment, please feel free to call our radiology department at 614-273-0411 or Toll Free at 1-877-273-0450.