

CARROLL ARTHRITIS, P.A.

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Bone Density (DXA) Scan – Patient Instructions

Your Appointment is on _____ at _____AM PM

- DXA is an x-ray and cannot be performed if there is a **possibly of pregnancy**.
- If your **body weight is 325 pounds** or more, only a limited study can be performed.
- Please do not schedule any contrast studies (CT or MRI scans with contrast or barium studies) at least 2 weeks before your bone density test. This can interfere with your results.

- In order to complete your report timely, please bring your calcium, multivitamin and vitamin D bottles with you. Or read the labels and fill in the table below:
Calcium + D _____ (mg) per pill, **Vitamin D3** _____ (IU) # of pills daily _____
Calcium only _____ (mg) per pill, # of pills you take daily _____
Additional Vitamin D3 pill _____ (IU) per pill, # of pills you take daily _____
Multivitamin with calcium _____ (mg) per pill & **Vitamin D3** _____ (IU) per pill
Prescription Vitamin D: 50,000 IU _____ weekly _____ monthly

- **DO NOT take any calcium or multivitamin pills** on the morning of your appointment.
(ALL other prescription medications and dairy products are allowed)

- **BRING YOUR CURRENT MEDICATION & supplement list and dosages.**

- You can wear easy to remove shoes as we will be measuring your height and weight.

- Try to avoid underwire bras, buttons, zippers, belts and in the chest, belly and hip area.
(NO worries if you cannot avoid these!)

- Please allow 30-45 minutes for your appointment.

- Please bring the phone #, Fax # and address of your medical provider

Remember: To bring your calcium/vitamin D and multivitamin bottles!

Support your bones and they will support you!

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