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DXA Scan – Patient Instructions

Your appointment is on _____ at _____ AM/PM

- DXA is an x-ray and cannot be performed if there is any possibility of pregnancy.
- If your body weight is 325 pounds or more, only a limited study can be performed. There are other facilities that can accommodate your scan.
- Please do not schedule any contrast studies (nuclear/CT/MRI/x-ray scans with contrast or barium) 2 or more weeks before your DXA scan. (This can interfere with your results)
- In order to complete your report timely, please bring your calcium, multivitamins and vitamin D bottles with you. Or you can write down the amounts on the labels o Or take a picture of the front and back labels on your phone.
- DO NOT TAKE any calcium pills or multivitamin pills on the morning of your appointment.
- DO take all prescription medications and dairy food and drinks are allowed.
- Bring your current medication and supplement list and dosages
- You may wear easy to remove shoes as we will be measuring your height and weight in stocking or bare feet.
- Try to avoid buttons, zippers, belts and underwire bras. o If you cannot – we have gowns for you to change into.
- If you need a specialist to receive your report: please bring their FAX#
- Please allow 30-40 minutes for your appointment

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