



Your DXA Scan Prep Card™

Know what to expect before, during and after your bone density scan.



BEFORE YOUR APPOINTMENT

- ☐ Follow the imaging center's instructions about calcium supplements or other preparations.
- ☐ Mention a recent barium, contrast or nuclear medicine test. Your scan may need different timing.
- ☐ Tell the center if there is any possibility you could be pregnant.
- ☐ Ask whether you need to bring previous DXA images or reports.

1 THE DAY OF YOUR SCAN

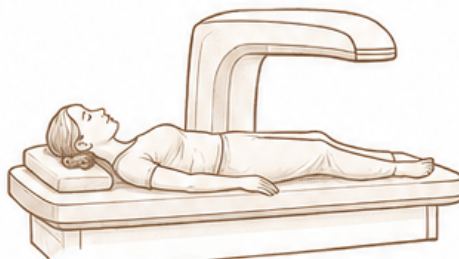


Wear comfortable clothing without metal zippers, buttons, belts or underwire when possible.



Unless your center tells you otherwise, you can usually eat and take your usual medicines.

2 DURING THE SCAN



You will lie on a padded table while a scanner passes over the areas being measured, usually the hip and lower spine.



The scan is painless, uses a low amount of radiation and often takes about 10 to 20 minutes.

3 BEFORE YOU LEAVE



Ask when and how you will receive the results.



Confirm which healthcare provider will review them with you.



Ask how to obtain a copy for your own records.



BRING WITH YOU

- ☐ Photo identification and insurance information
- ☐ Previous DXA report, if requested
- ☐ Current medication and supplement list
- ☐ Questions you want to remember

FOR FOLLOW-UP SCANS



When practical, using the same facility and machine can make comparisons more meaningful. Ask whether your previous scan is available for review.

Gentle Reminder

A DXA is quick and noninvasive. The most important preparation is following the instructions from your own imaging center.



Martine's Midlife Wellness Tip

Keep every DXA report in one folder. The pattern over time may be more useful than trying to remember one result.

