

**DEXA**

Patient: \_\_\_\_\_ Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_ am/pm

Location: Diagnostic Imaging Department, lower level at Mankato Clinic  
1230 East Main Street, Mankato, MN 56001  
Please enter the Mankato Clinic front door (marked #50)

**Please check in at the Diagnostic Imaging Department.**

If you are unable to keep your appointment or have questions, please call (507) 389-8570.

**What is a/an DEXA:**

A DEXA (dual-energy x-ray absorptiometry) scan, also known as a bone mineral density scan is used to measure bone loss. It is quick, noninvasive, and is the most accurate method available for the diagnosis of osteoporosis with the least amount of radiation used. It is considered an accurate estimator of fracture risk.

**How do I prepare for the test:**

- Before scheduling your test, please tell your provider if you:
  - Are pregnant or think you may be pregnant
  - Recently had a barium test or have been injected with a contrast medium for a computed tomography (CT) scan or radioisotope scan (Nuclear Medicine)
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- If you wear a glucose monitor, you will be required to remove it prior to your scan for your own safety. If appropriate, you may request to have your scan scheduled to coordinate with the next replacement date of your monitor.
- To provide our best services and safety practices to you during your visit, we respectfully ask that young children do not attend parental appointments and we appreciate your understanding.
- Two days before the test:
  - Stop taking any Calcium supplements
    - a. Calcium tablets
    - b. Tums/antacids
    - c. Multivitamins containing calcium
  - It is important to not take any calcium for 48 hours prior to this exam as it could alter the results

**What will happen the day of the test:**

- Bring a complete list of medications you have taken within the last 2 years, whether or not you are currently taking them.
- If your clothing is not suitable you may be asked to undress and put on a gown.
- You will be asked to lie flat on your back for approximately 5-15 minutes on a cushioned table with your feet internally rotated and held in place with a positioning aid.
- A scan arm will move over the top of your body, but will not touch you and will scan your lower back and hips.
- Occasionally we will scan your forearm and for some patients their whole spine.

**Instructions for after your test:**

- You may resume taking any calcium supplements
- Your test will be reviewed and read by a Radiologist.
- Your test results will be available in your patient portal immediately after your provider reviews them. Your provider will discuss the results with you at your follow-up appointment. If you do not have a follow-up appointment, your provider will contact you by letter or phone within five to seven business days.