

General things for you to consider in any diagnostic imaging suite. Here's what you can do to make your experience a better one:

- Avoid wearing lots of cosmetics; perfumes, hair sprays, body piercings, and jewelry.
- Keep your valuables at home.
- If you are anxious, bring a friend or family member. They may not be able to be with you during your exam, but knowing that they are in the lobby area will help you relax.
- If your doctor has prescribed you oral sedation, you need to have a person that can drive you to and from our center.
- If you have questions, please ask. We want your experience to be beneficial and comfortable. Our technologists and staff are more than willing to help you.
- If you are able to eat before your exam, avoid foods and beverages that may make you anxious such as caffeinated beverages, high sugar foods, alcohol, and high-energy bars.

DEXA (Bone Density) Scan

Key things to remember if you are having a DEXA examination:

- Take your medications as usual with the exception of calcium supplements. Do not take calcium supplements within the 48 hours prior to your exam.
- Wear comfortable clothing without metal, buttons, or zippers.
- If you had a CT or X-ray exam that required an IV injection or drinking barium, schedule your DEXA 14 days after the CT or X-ray exam was performed.
- If you had a nuclear medicine study, schedule your DEXA 14 days after the nuclear medicine exam was performed.

This exam uses X-rays to measure the density of your bones. Bone density is important, especially in women as they get older. Low bone density can signal the beginnings of Osteoporosis. It is a simple and effective diagnostic tool.