

Bone Density Testing (DXA) Instruction for Patients

In order to make your bone density testing as easy as possible, please follow these instructions and inform us if you have any questions prior to scan.

1. Please wear comfortable clothing. It is best to wear a two-piece outfit with no zipper or buttons at waist or below. If wearing boxer shorts make sure these are free of buttons also.
2. If you are currently taking calcium supplement, Do NOT take it on the day of the scan.
 1. If you are of child bearing years, you must be sure that there is no possibility of pregnancy.
 2. If you have had any nuclear medicine or x-ray study with barium, please postpone your DXA scan for 7 days.
3. If you have a history of spinal deformities; spinal surgery or hip prosthesis please let us know.

We hope you will be building stronger bones for a stronger future.

Please Call (703) 494-BONE (2663) if you have any question.

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