

DXA Scan Preparation Guidelines and FAQs

Q: How do I prepare for my DXA Scan?

A: Do not take calcium supplements for at least 24 hours before the exam.

To prepare for your DXA scan, please arrive in clothing free from metal (zips or buttons), preferably underwear, shorts and T-shirt or similar. We have disposable gowns available if needed.

To have a scan, you'll simply be asked to lie flat on the padded table while the arm of the machine passes over your body. The scan only takes 10 around minutes!

Q: Are there any contraindications (reasons against) having a DXA scan?

A: Pregnancy; women who are pregnant or think they might be pregnant should not have a DXA scan. Other contraindications include:

- Recently had a nuclear medicine study where radionuclides were injected.
- Recently had a contrast exam or barium enema, you may need to wait 10 – 14 days to allow the barium to clear before you have your DXA exam.
- Severe degenerative changes or fracture deformity in the measurement area
- Inability to attain the correct position and/or remain motionless for the measurement

Q: How will I get my results?

A: With the exception of total body compositions, Your results will be forwarded to your ordering physician.

Total body domposition results will be provided to you on the same day of services. You may also access all results through [My Adventist Health](#). To find out more about how to sing up for My Adventist Health, [click here](#).