

Diagnostic Imaging Center

(DEXA Scan)

DEXA Scan is a procedure which is non-invasive and uses a very small amount of radiation to **measure and diagnose**:

1. **Bone mineral densitometry (BMD)** to assess **osteoporosis** – a condition where the bones become weak and brittle and are prone to fractures
2. **Total body composition** (density, body fat, muscle mass, and total fat tissue percentage).

What to bring on the day of your appointment:

- Radiology request form
- Civil ID
- Insurance card (if applicable)
- Any previous BMD reports for tests you may have undergone elsewhere, for comparison purposes.

Preparation:

- **BMD:** If you are taking **calcium**, this supplement will have to be stopped for **48 hours (2 days) before your appointment**. It will be better to bring the list of the medications that you are taking.
- **Total Body Composition:** There is no need to stop any medication for this exam.
- You should not have received any form of contrast or dye within 15 days prior to your appointment. Also, inform the technologist if you had any recent nuclear medicine tests.
- If there is a possibility of pregnancy, examination will not perform and the appointment will be rescheduled till after pregnancy is ruled out.
- Wearing comfortable and loose clothes that do not have any metallic object (zipper, clasps or snaps) over the lower abdomen and hips will facilitate your test.

On the day of the appointment:

- Please arrive at the Diagnostic Imaging Reception at **least 30 minutes before** your test. **Failing to attend within 20 minutes of the given appointment time may lead to cancellation.**
- Parent or guardian of patient **younger than 18 years** of age must accompany the patient.
- Kindly inform the receptionist if you have any metallic implant or if there is a suspicion of pregnancy.
- **It is advisable that you leave all valuables at home. The center bears no responsibility if lost.**
- In case you have personal belongings, you can give them to your relative/attendant for safety. Alternatively, you can use the locker inside the procedure room.
- Prior to the test, an interview with the technologist will include a detailed form with your current medications and medical history.
- **The following items should be removed prior to examination:**
 1. Jewelry and personal accessories
 2. Hearing aid
 3. Dentures
 4. Watches, eyeglasses
 5. Hair wigs and hairpieces
 6. Bank magnetic cards
 7. Coins, keys, pens, and jewelries
 9. Mobile phones
 10. Insulin Pump
 11. CGM (Continuous Glucose Monitor): **The technologist will check and decide as per its type.**
 12. Accelerometer activity watch.
- You will be asked to change into a gown, if necessary, before your exam. You will have to remove all plastic and metal objects from the lower back and hip area. If forearm is scanned, you will be asked to remove watches, bracelets, etc.
- For the test, you will be asked to lie down on a padded table as the arm of the scanner passes over you to acquire the images. The areas scanned may include the lower back, your hips or your forearm or total body.

- The technologist will position you appropriately for each part of the test. You will be asked to lie still for the duration of the scan while images are being acquired.
- In total body composition, you will be asked to remove all such objects as mentioned before, from your entire body and the scan will cover your whole body from head to toe. You will lie supine and will be asked to be stable without moving arms and legs for 7 to 13 min, as it will affect in image quality.

Generally, examinations take about 20 to 30 minutes to complete.

After your test:

- On completion of your BMD test, you may proceed to reception for information about the collection of your report.
- You may resume regular activities and take all your medications as advised by your doctor.

FOR ANY INQUIRIES OR CANCELLATIONS

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