

## Carolina Medical Consultants

### DEXA

The DEXA, which your doctor has ordered, is used for the diagnosis of osteoporosis. This is a scan that measures bone mineral density. The areas scanned are the lumbar (lower) spine, the hip and possibly either forearm. If you have had back surgery or hip replacement, we will scan the non-surgical site as well as a forearm.

Bone density testing uses a very low level of x-rays. The entrance dose to the patient is about 1/10 of the exposure from a standard chest x-ray.

If you have had a test using a contrast media within 2 weeks prior to the DEXA appointment, please notify us.

Do not take calcium supplements within 48 hours of your DEXA appointment.

There is no preparation needed for this test. Please wear comfortable clothing without metal objects such as snaps, belts, jewelry and zippers. Please allow 30 minutes for your appointment. You will not be seeing your doctor at this appointment.

Your doctor will review your test and contact you with the results.