

DEXA PREP INSTRUCTIONS

- Please do not take calcium supplements for at least 24 hours before your scheduled exam.
- On the day of the exam, you may eat normally.
- Please wear loose, comfortable clothing. You should avoid clothing that has zippers, belts, or buttons made of metal, as these will have to be removed for the test.
- Depending on the clothing worn, you may be asked to wear a gown during the exam or to remove jewelry.
- Please inform your Physician and the Technologist if you have recently had a barium examination or have been injected with a contrast material for a CT or radioisotope scan (Nuclear Medicine, PET, etc.), as this may require you to wait 10 to 14 days before you have the DEXA exam.
- Women should always inform their Physician or the Technologist if there is any possibility of pregnancy.