

## INTERMOUNTAIN OSTEOPOROSIS CENTER

\_\_\_\_\_, your appointment for a bone densitometry (DEXA scan) has been scheduled for \_\_\_\_\_ at \_\_\_\_\_ AM / PM.

***Please arrive and check in 10 minutes early for this appointment with your paperwork filled out. If you are late for your appointment or do not have your paperwork filled out at that time, we will have to reschedule your appointment.***

When you check in at the front desk, please let the receptionist know that you are here for a DEXA scan and present the attached, completed, paperwork. If you have a report from previous bone density tests done outside of our facility, please bring that as well.

The purpose of a DEXA scan is to give your physician an accurate measurement of your bone density and future fracture risk. It will help your physician to make decisions regarding any necessary treatment as well as aid in monitoring the benefits of that treatment. The scan is a simple, painless, non-invasive procedure that involves minimal x-ray exposure. The entire test will take between 20 and 30 minutes. In preparing for your DEXA scan, please keep the following in mind:

- if there is a possibility you may be pregnant, reschedule your DEXA scan;
- if you have had an upper or lower GI series, barium enema, or myelogram within seven days of your appointment, reschedule your DEXA scan;
- if you are currently taking calcium, mineral, or vitamin supplements, please don't take them the day of your DEXA scan;
- wear comfortable clothing (**avoid belts, zippers, metallic buttons and underwire bras.**)

If you would like any additional information about your DEXA scan, or need to reschedule your appointment, please contact our office at the phone number listed below.