



MYCARE MEDICAL

Bone Density Preparation

You have been scheduled for a bone density test, which is used to diagnose osteoporosis and determine fracture risks. DEXA bone densitometry is a simple, quick, non-invasive procedure. The amount of radiation used is extremely small and less than one-tenth the dose of a standard chest x-ray and less than half a day's exposure to natural radiation. No amount of radiation remains in a patient's body after an x-ray examination.

- **Please wear loose fitting, comfortable clothes without snaps, zippers, buttons or metal of any kind**
- **Woman should avoid wearing an underwire bra**
- **Please do not take any calcium supplements, antacids or multi-vitamins for 24-hours prior to your scheduled appointment**
- **Do not schedule any tests involving x-ray dye, IV or oral contrast for a minimum of 3-days prior to your scheduled appointment**
- **Please bring your completed questionnaire with you to your appointment**

Our imaging department wants to make your experience as pleasant as possible. Please be sure to arrive 15 minutes prior to your appointment time. Bone Density exams usually begin on time, however, it is possible to have an emergency which could delay our exam. Please be patient as we strive to provide the best care possible.

Please be advised that if it has been less than two years from your last bone density test, there is a chance the study may not be covered by your insurance.