



BMD (DXA) Patient Preparation Guide

A quick guide to prepare for your bone density (DEXA/ DXA) scan.

What to Expect

- DXA uses very low-dose x-rays to measure bone mineral density. The exam is quick and painless.
- Typical scan time: 10–20 minutes.

(1) A Day or Two Before Your DXA

- **Calcium supplements:** please avoid calcium tablets and antacids containing calcium for 24 hours before your scan unless your doctor instructs otherwise.
- **Recent contrast studies:** tell us if you had a barium study, CT with contrast, or a nuclear medicine test in the last 7 days—DXA may need to be scheduled after those.
- **Pregnancy:** inform us if you are pregnant or think you might be.

(2) On the Day of Your DXA

- **Clothing:** Wear comfortable clothing without metal (zippers, snaps, belts). You may be asked to change into a gown.
- **Eating & medicines:** You can eat and take usual medicines (except calcium as noted above), unless instructed otherwise.
- **Metal items:** Remove jewelry and empty pockets; avoid metal-containing garments.

(3) After the Scan

- You can resume normal activities immediately.

What to Bring

- Photo ID, referral letter, any prior DXA reports, and a list of medicines/supplements.

Important

Always follow the instructions provided to you by Images Diagnostic Center staff for your specific exam. If they differ from this guide, our center's instructions take priority.