



Bone Density Screen

PATIENT INSTRUCTIONS

Here are some easy-to-follow instructions on how to prepare for your upcoming bone density exam at Wilmington Health Rheumatology.

- Please download and fill out the proper assessment form: [male](#) or [female](#).
- Arrive 15 minutes early.
- You may eat normally.
- Let your technologist know if there is a possibility you are pregnant.
- If you have had an imaging test using contrast medium, wait four days before having your bone density test.
- Wear comfortable clothing, and avoid garments with zippers, belts, or buttons made of metal, especially jeans.

ABOUT BONE DENSITY SCREENING

To accurately detect osteoporosis, doctors commonly use DXA bone densitometry to measure bone mineral density (BMD). DXA is a quick and painless procedure for measuring bone loss. Measurements of the lower spine and hips are commonly performed. Osteoporosis involves a gradual loss of calcium, causing bones to become thin, more fragile, and more likely to break.

The DXA scan can also assess your risk for developing fractures and is effective in tracking the effects of treatment for osteoporosis.

During the exam, you will lie on a padded table with an X-ray generator below and a detector (imaging device) above. It is important that you remain as still as possible during the procedure to ensure a clear and useful image.

When evaluating bone loss in the spine and hip (where most osteoporosis fractures occur), the technologist will place your feet in a brace that rotates your hips inward. As the detector is scanning the area, images are generated on a computer monitor. The data will be processed and results will be forwarded to your healthcare provider.

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