

# What you need to know about Bone Densitometry

*Preparing for your procedure.*



**Your wellness is our priority.**

**St. Paul Radiology takes great pride by providing you with the best care and service experience in the East Metro area.**

We want to ensure you a positive experience at one of St. Paul Radiology locations by offering information on Bone Densitometry.

The bone densitometer measures your bone mineral density (BMD) and compares your measurements to a reference group based on your age, weight, sex, and ethnic background. This information will be used in making a diagnosis about your bone status and risk of fracture.

## **What is a Bone Densitometry exam?**

Also known as a DEXA scan, this procedure measures bone mineral density and can determine if you have osteoporosis. Often called the “silent disease”, osteoporosis symptoms are rarely evident until bone has been lost.

The bone densitometer uses small amounts of X-ray to produce images of the spine, hip or even the whole body. The spine and hip are measured because they are where osteoporotic fractures most often occur. The X-Ray is composed of two energy levels that are absorbed differently by bones. The technical term for this method is “dual energy X-Ray absorptiometry” or DEXA. A computer is able to determine from these differences how much bone mineral is present.

## **Can I eat or drink before my exam?**

Yes, however, do not take calcium supplements for two days prior to your exam or on the day of your exam.

## **What should I bring to my appointment?**

Please bring your insurance card. Your insurance company will be billed for the procedure. You will receive a bill for any co-pay or non-covered expenses from St. Paul Radiology Outpatient Imaging.

## **What should I wear to my examination?**

Please wear comfortable clothing that does not have zippers or other metal fasteners. Belt buckles, metal or thick plastic buttons and metal jewelry will need to be removed from the spine and hip area prior to your bone densitometry exam.

## **Is the examination painful?**

No. The procedure is painless.

## **How long will my examination last?**

The scan lasts approximately 30 minutes. How does the procedure work? Before the exam starts, the technologist will enter your name, age, weight and ethnicity into the computer. This information is used to compare your results with a normal reference population. During the bone densitometry exam, you will lie on your back on a padded table. As the exam progresses, the technologist will position your arms and legs. If you have metallic orthopedic devices in your spine or hip, your forearm or heel may be evaluated instead of the area containing metal. The information obtained during the exam will be used by your physician to evaluate bone status and fracture risk.

## **How will I receive my bone densitometry results?**

A Board Certified Radiologist (a physician who specializes in interpreting diagnostic images) will study the images from your examination and send a report to your physician.



**The Name you trust.  
The Value you deserve.**

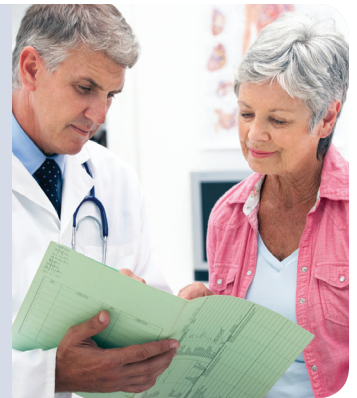
**StPaulRadiology.com**



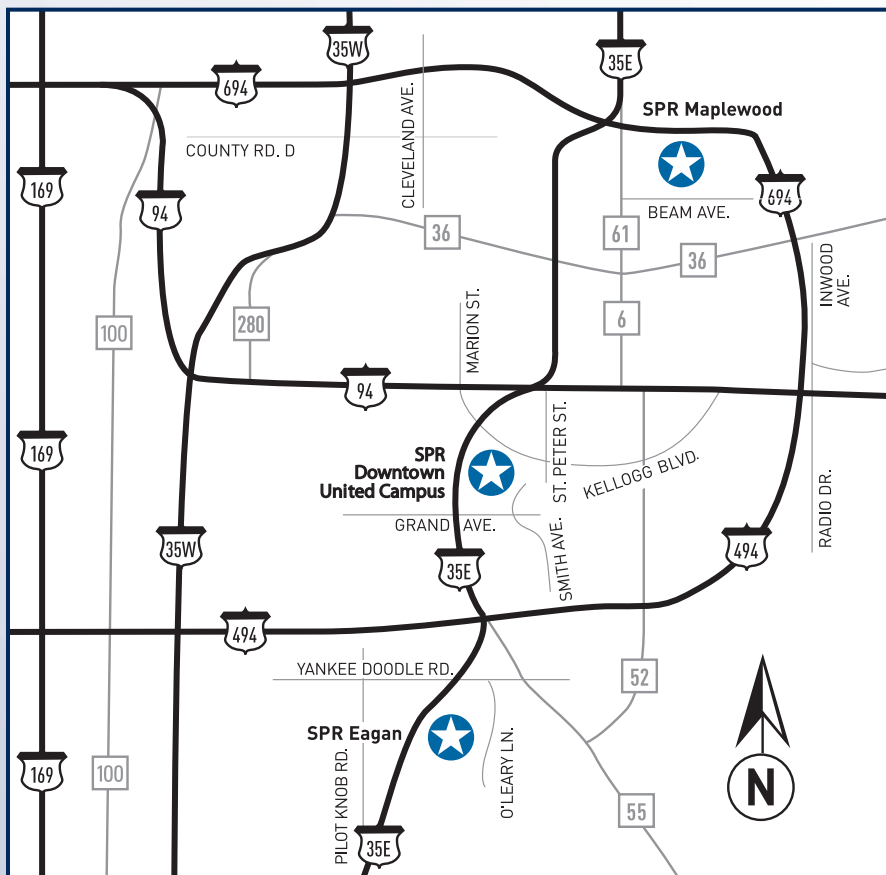
We want all our patients  
to be **THIS** satisfied.

Over 98% patients surveyed  
said they were satisfied with  
their experience at St. Paul  
Radiology. We understand  
their concerns and make  
them a priority.

If you have additional  
questions, please contact  
the St. Paul Radiology  
scheduling department at  
**651.632.5700.**



Three East Metro area outpatient imaging centers for your convenience.



Map not to scale.

#### DOWNTOWN CAMPUS

250 Thompson Street  
St. Paul, MN 55102

**651.297.6504**

7:00AM to 8:00PM, Mon-Fri  
8:00AM to 3:00PM, Saturday  
*Hours vary by modality*

#### EAGAN

1185 Town Centre Dr.  
Suite #125

Eagan, MN 55123

**651.456.1300**

7:00AM to 7:00PM, Mon & Weds  
7:00AM to 5:30PM, Tues & Thurs-Fri  
*Hours vary by modality*

#### MAPLEWOOD

1723A Beam Avenue  
Maplewood, MN 55109

**651.747.4500**

7:00AM to 8:00PM, Mon-Fri  
*Hours vary by modality*

**StPaulRadiology.com**

## Appointment

Name: \_\_\_\_\_

Location: \_\_\_\_\_

At: \_\_\_\_\_ : \_\_\_\_\_ On: \_\_\_\_\_ (Day), \_\_\_\_/\_\_\_\_/\_\_\_\_ (Date)



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