SELECT OBJECT\_SCHEMA\_NAME (c.object\_id) SchemaName,

        o.Name AS Table\_Name,

        c.Name AS Field\_Name,

        t.Name AS Data\_Type,

        t.max\_length AS Length\_Size,

        t.precision AS Precision

FROM sys.columns c

     INNER JOIN sys.objects o ON o.object\_id = c.object\_id

     LEFT JOIN  sys.types t on t.user\_type\_id  = c.user\_type\_id

WHERE o.type = 'U'

-- and o.Name = 'YourTableName'

ORDER BY o.Name, c.Name

<https://blog.sqlauthority.com/2017/06/29/sql-server-get-column-names-specific-table/>