

**You are scheduled to come to The Orthopaedic & Wellness Center for a bone density test.**

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

- 1. The bone density test is done promptly. You can plan on being out of the office within one half hour.**
- 2. If you have been referred by your doctor, other than Dr. Eagan, for the test please be sure to bring the following**
  - ✓ **Insurance card.**
  - ✓ **Referral if needed.**
  - ✓ **Prescription from your doctor.**
  - ✓ **The filled out paperwork that was mailed to you from this office for this appointment.**
- 3. Upon arrival please check in at the front window.**
- 4. Please DO NOT wear clothing with buttons or zippers. Sweatshirts and sweatpants or pull on pants and tee shirts work well and you wouldn't have to change into a gown.**
- 5. Bras with underwire or bras with metal or plastic clasps on the front or back should not be worn, or removed prior to the test.**
- 6. If you have recently had another type of x-ray exam and a contrast dye or barium was used you may need to wait 72 hours before you DXA scan can be done. Some of these tests include:**
  - ✓ **CAT scan (CT scan) with contrast**
  - ✓ **MRI**
  - ✓ **Bone scan**
  - ✓ **IVP (kidneys)**
  - ✓ **Upper GI (esophagus, stomach, small bowel)**
  - ✓ **Barium enema (large bowel)**
  - ✓ **Myelogram**
- 7. Please do not take your calcium tablet prior to the exam.**

**Please call our office at 518-773-730 or 800-724-2900 and speak with June, our x-ray technologist if you have any questions or concerns regarding your DXA appointment.**