

## Dual X-Ray Absorptiometry (Bone Densitometry)



### PREPARATION:

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- Fasting is not necessary;
- It is necessary to withhold calcium tablets 24 hours before the test.
- Patients who have undergone contrast-enhanced radiological examinations should wait at least one week to schedule a bone densitometry.
- On the day of the exam, it is necessary to wear clothes that do not have a button or zipper to facilitate image acquisition.
- This test is not recommended for pregnant women.
- Bring your prescriptions.
- If you have a previous exam, we recommend that you bring it for comparative evaluation.
- Patients with difficulties moving around should arrive at the clinic 30 minutes in advance.
- Whole-body densitometry is indicated only in children and when body composition is being investigated.
- Check with your doctor if the exam request issued by your insurance covers a full-body scan.

### HOW IS THE EXAM PERFORMED?

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After filling out the registration form at the reception desk, the patient will be sent to the examination room and their weight and height will be measured.

It is not necessary to remove clothing, however, any metal parts and buttons must be removed to avoid acquisition artifacts.

The patient will be instructed to lie down on the gurney of the device and must remain motionless for approximately 10 minutes.

# Patient Guidelines

For the acquisition of lumbar spine data, a cushion will be placed under the legs so that the spine is straight. For femur acquisition, the patient's leg being analyzed should be extended and slightly rotated. In some cases, the forearm may also be evaluated. This procedure takes a little longer and requires the collaboration and patience of the patient, who must sit in a chair next to the equipment and support his forearm on the gurney by means of a support.

The average time of this acquisition is 10 minutes and the patient must remain immobile during this period. Whole-body acquisition is generally performed in children and adolescents and when body composition is being investigated.

During the exam, a metal arm of the equipment will move from one side of the gurney to the other, over the regions to be analyzed. The exam is easy, painless and radiation exposure is minimal.