



RELAX AND ENJOY YOUR BONE DENSITOMETRY EXAM

Your doctor has requested that you come to our office to have a Bone Densitometry Test or “Dexa”. This test is a guide for your doctor to help him or her determine if you have osteoporosis.

Our office is the Colorado Center for Bone Research and we are located at 660 Golden Ridge Road #250, Golden, CO, 80401. Our telephone number is 303-233-1223.

Your bone densitometry examination may be the easiest medical examination you will have over the course of your life. Lie back and let the bone densitometer do the work. As with any medical procedure, you may have some concerns, for your peace of mind, this letter addresses these important questions. Please feel free to call us if you have other questions or concerns that this pamphlet does not cover.

WILL IT HURT?

Absolutely not. There is no pain at all associated with a bone densitometry examination, this is a non-invasive test of your bone mineral density.

IS THERE ANY SPECIAL PREPARATION INVOLVED?

We ask that you do not take any calcium pills or supplements the day of the examination. Unlike many other medical examinations, no special preparation is required. We do ask that you wait at least 7 days after having an examination involving barium or other contrast mediums before having your bone densitometry done. This includes

- Upper GI series
- CAT scan or
- Kidney study
- Barium enema

Additionally, please wear clothing that does not have zippers, buttons or metallic decorations around the waist or hips and across the chest—this will allow you to remain in your own clothing (rather than a hospital gown) during your exam. We also ask that you bring in a list of medications that you take on a regular basis.

DO I HAVE TO CHANGE MY EATING HABITS?

No, you may continue your normal eating habits.

WHAT DO I DO DURING THE EXAM?

Lie still. Breathe normally. Rest comfortably.

HOW LONG WILL THE EXAM TAKE?

Our state of the art equipment requires only about fifteen minutes. You will be asked to fill out some forms, so plan on a forty-five minute visit.



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at Panorama Orthopedics & Spine Center

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WHAT IF I HAVE HAD PRIOR DENSITOMETERS?

Please let the receptionist know when you make your appointment. She will try to help you obtain those records.

WHAT WILL THE EXAM DETERMINE?

The densitometer measures your bone mineral density (BMD). Your measurements will be compared to a normal population. Your doctor will be able to use this information in making a diagnosis about your bone status and fracture risk.

WHEN WILL MY DOCTOR RECEIVE THE RESULTS?

A report will be mailed to your doctor in approximately 2-3 weeks from the time of your visit. Your doctor will receive a copy of the actual densitometer report and recommendations from our specialist, Dr. Paul Miller.



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