

DEXA EXAM

What is a DEXA or Bone Densitometry?

Osteoporosis is a leading cause of disability among older people, particularly elderly women. Bones that are weakened by mineral loss are prone to fractures, especially in the spine and hip. Low bone density can be measured by a number of different techniques. These techniques all measure bone mineralization and detect Osteoporosis or bone loss due to menopause, medications or other risk factors.

DEXA is one of the most widely used detectors of bone mineral density. The use of low dose radiation in conjunction with highly sophisticated computer analysis provides unique and accurate information about bone density.

How do I schedule a DEXA?

1. Make sure you have a prescription form your doctor.
2. Make sure that you have your insurance Pre-authorization. Check with your doctor's office to see if one is required.
3. Please call Allegheny Imaging of McCandless at 412-367-7226(SCAN)
4. Please tell the scheduling person that you would like to make an appointment for DEXA.
5. You will be asked if you have ever had a DEXA before.
6. Please read the information exactly as it is written on your prescription to the scheduler.
7. Please provide the scheduler with the authorization number.
8. Place your prescription in a safe place to bring with you to your scheduled exam.
9. Make sure you have your insurance card to bring with as well.
10. Pay attention to the preparation requirements for the exam.

How do I prepare for DEXA?

DEXA or Bone Density should be scheduled at least 1 week after any procedure or exam involving Barium or IV Contrast (dye). For example: Upper GI series, Barium enema, CT Scan of the Abdomen. Also, do not take any Calcium supplements the day of your exam. Our staff will assist you with any questions or concerns.

What should I expect during the DEXA?

Typically you will be asked a series of questions prior to the examination. You will be asked to change into a patient gown for this exam. This exam is simple, painless and non-invasive. A technologist will be with at all times during the exam. We will position your body in certain positions while taking the DEXA

exam. It is important that you lie as still as possible during this exam. Typically DEXA exams take 15 minutes or less.

What should I expect after the DEXA exam?

You may resume your normal activities after the DEXA exam. Your exam will be interpreted by a Sub-specialized Radiologist. This means a physician who has extra training in this area. A written report will be sent to your physician within 2 days. Your doctor will notify you of the results.

Allegheny imaging of McCandless is a full service Imaging Center with the following services offered:

- MRI
- CT Scan
- Ultrasound
- Bone Densitometry
- X-Ray
- Digital Mammogram
- Nuclear Medicine
- Cardiac Nuclear Medicine
- Echocardiography

For more information call:
Allegheny Imaging of McCandless
412-367-7226(SCAN)