

## DEXA Pre-Test Information

### What is a DEXA scan?

A DEXA (dual-energy X-ray absorptiometry) scan is a 15-minute, full-body X-ray that measures fat, muscle mass, and bone mass from head to toe. It uses a low-powered X-ray, comparable to 10 minutes of sun exposure on a summer beach. The radiation from a DEXA scan is about 40% lower than a standard chest X-ray in a hospital setting.

**The DEXA scan is one of the quickest and most practical methods available to learn detailed information about your unique body measurements.**

### How should I prepare for my DEXA scan?

It is **recommended** that you do not wear clothing with metal such as buttons, zippers, sequins, or beading for your DEXA scan to avoid measurement interference. The DEXA can be used safely by participants who have pacemakers, surgical metals, permanent jewelry, and other implanted devices.

Avoid eating three hours prior to your scan and come well hydrated.

**To ensure the data is most accurate, avoid coming in dehydrated or after working out. Arrive properly hydrated, and don't exercise or eat a large meal prior to your scan.**

## DEXA Pre-Test Information Cont'd

### What happens during a DEXA scan?

- A team member will take your height and weight.
- A team will provide a cup for a urine sample, if deemed necessary.
- You will be asked to lie down on your back on a padded table.
- An imaging device (scanning arm) that is positioned above you will slowly pass over your body several times, generating images on a computer monitor. You will be asked to hold still while the machine is actively scanning for the duration of the test.

### How do I obtain my DEXA scan results?

Some studies will provide your DEXA scan results after the test is completed, others may share results only after the study is completed. Speak with a team member to obtain a copy of your results for your own reference.

While we are able to provide your DEXA scan results, we are unable to interpret them on your behalf, and they are not considered a part of your medical record. We suggest contacting your primary care physician or exercise specialist to review your results with you, if desired.

**THIS IS A NON-DIAGNOSTIC SCAN.**