

DEXA Pre-Test Instructions

How should I prepare?



Follow these steps for the most accurate scan:



Day Before Scan



Day of Scan



At Scan



Eat As Normal. Do not change what or how much you would normally eat.



Rest on the morning of your Scan.



Urine Sample

A staff member will provide you with a sample cup and instructions if a urine sample is needed.



Stay well-hydrated. Drink 1-2 glasses of water with every meal and snack.



Fasting

Refrain from eating three hours prior to the exam.



No intense training. Avoid strenuous exercise the day before your scan.

What should I wear?



For females, suitable clothing will include underwear or shorts and a top or sports bra (no underwire or clips).

Remove all metal (including jewelry and non-permanent piercings), zippered items, and hair pins before your scan.

For males, suitable clothing will include underwear or tight shorts.

