



Osteoporosis Center



Osteoporosis DXA Patient Preparation Information

Osteoporosis (DXA) testing has been scheduled for you on:

Date: _____ Time: _____

Please complete the Patient Questionnaire on the reverse side and bring it to your appointment.

WHAT IS A DXA SCAN:

A DXA scan uses extremely low x-ray energy (just a fraction of a chest x-ray) to measure your bone density. The lumbar spine and hips are typically examined.

DXA scans can also be ordered to review body calcium levels, and provide body composition analysis and body fat percentage. If you are training or dieting, DXA may be helpful to evaluate your progress.

DXA scanning is simple, quick and painless. You usually don't have to undress, but if you do a gown will be provided for you. You will lie on the scanning table as the arm of the machine scans over your body. The test takes only a few minutes and generally you can resume usual activities immediately afterward.

Preparation instructions for your DXA Scan:

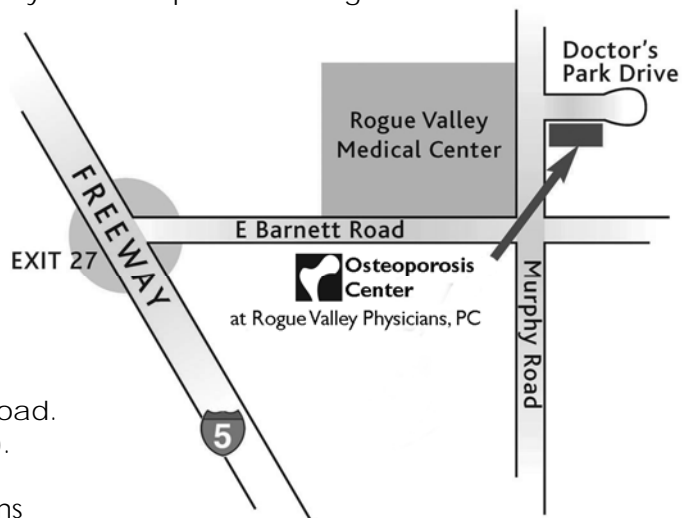
- If you are pregnant or think you may be pregnant cancel the test.
- The test should be performed at least 14 days after any barium or other contrast x-rays or scans.
- You may eat and take medications as usual.
- DO NOT take calcium or mineral supplements 24 hours before the test.
- On the day of the test, leave valuables at home.
- Wear comfortable clothing without metal parts like buttons, buckles or clasps (no jeans).
- Do not wear jewelry or any body piercings to the examination.
- If you have metal in your hips or spine, let the technologist know.
- Please bring your insurance card and/or your Prescription Coverage Card (Medicare Part D) if you have one.

Osteoporosis Center

Located at Rogue Valley Physicians, PC
Laboratory and Imaging Center
2900 Doctors Park Drive
Medford, OR 97504
Phone: 541-842-9620

Directions:

Take I-5 to the South Medford, exit # 27.
Travel East on Barnett Road past Rogue Valley Medical Center. Turn LEFT (north) on Murphy Road.
Turn right at the first street (Doctor's Park Drive).
The RVP Laboratory and Imaging Center is on the first floor of the Rogue Valley Physicians building (two story brick building on corner).



Rogue Valley Physicians, PC

OSTEOPOROSIS CENTER

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