



100 East LeFevre Road
Sterling, IL 61081
(815) 625-0400
Fax: (815) 625-4960
www.cghmc.com

PATIENT PREPARATION/BONE DENSITY (DEXA) TEST

Patients should not have had a barium study, radioisotope injection, or an oral or IV contrast material from a CT scan or MRI within 7 days prior to their DEXA exam.

Patient should wear loose, comfortable clothing. Sweat suits or casual attire without zippers or buttons. Gowns are available, if needed.

Patients can eat normally on the day of their exam, but should avoid taking calcium supplements, Fosamax, Evista or a multivitamin for at least 24 hours prior to their appointment.

Patients will lie comfortably still on a padded table while the DEXA unit scans 2 or more areas.

Patient's weight should not exceed 500 pounds due to the table restrictions.

All patients should check in with the Main Hospital Registration, approximately 10 to 15 minutes prior to their exam time.

Please be aware that Medicare will only cover this test every 2 years.