Care Gram

Bone Density (DXA or DEXA) at the Hospital

Date of Test: _____ Test Time: _____

Welcome
Welcome to the DEXA Bone Density Department at Licking Memorial Health Systems (LMHS). Your doctor has ordered a bone density test for you. This test is sometimes referred to as DXA (Dual-energy X-ray Absorptiometry) scan. A licensed radiographer, who is certified in the use of X-ray equipment, will perform the test. A radiologist (a doctor who specializes in medical diagnosis by X-ray) will read your X-rays and then report the results to the doctor who ordered your test.

What Is a Bone Density Test?
DXA is a low dose X-ray used to measure bone density/bone loss. Typically, the test is performed on the lower spine and both hips. Occasionally, it may be necessary to also include the forearm.

The test is performed while the patient is lying on their back on a padded X-ray table. The scanner is positioned above the table and will scan down the patient's body only X-raying the needed body parts. There is no contact between the patient and scanner during the test.

When scanning the hips or forearm, the patient may be placed in an awkward or mildly uncomfortable position for a short period of time. It is important that the patient remains as still as possible during the scan.

Allowing Time
The test usually lasts 20 to 30 minutes and varies with each patient. Please arrive 15 minutes prior to your scheduled appointment time to be registered.

Preparation
Prior to your test:

- Tell your doctor if you are pregnant or think you may be pregnant.
- Refrain from taking any calcium supplements and acid reflux medication for at least 24 hours before the test. This includes but is not limited to:
  - Pepto Bismol
  - Tums
  - Rolaids
  - Any other over-the-counter or prescription acid reflux medications

  If needed, you may bring your acid reflux medication with you and take it immediately following your test.

Licking Memorial
Health Systems

1320 West Main Street • Newark, Ohio 43055
(220) 564-4000 • LMHealth.org

- If your doctor also ordered a contrast study, such as a CT scan that requires you to drink Barium, schedule the bone density test before the contrast study or wait 10 days after the contrast study.
- You may eat and drink normally before and after this test.
- Wear comfortable clothing without metal zippers, metal buttons/snaps, belts, and gems.
- During the test, you will be lying flat on your back. We will strive to make you as comfortable as possible; however, if you need a prescription medication to lie on your back, please speak to your doctor before your appointment.

Where Do I Go?
Please report to Diagnostic Imaging located on the First Floor of Licking Memorial Hospital.

After Your Test
There are no special instructions to follow after your test. You may drive home and return to work or school immediately following the test.

Finding Out the Results
The radiologist will study your test and create a final report for your doctor to review with you. Your doctor will receive the report within 24 to 48 hours after your test.

Once finalized, the results will also be available electronically through your MyChart account. If you do not have a MyChart account, contact your doctor's office for assistance.

Reminder
If you have any questions about your test, or if you need to cancel or reschedule your appointment, please call (220) 564-7735. We will be happy to assist you.

1616-0847
08/13/2026

This Care Gram is for information purposes only. It may become out-of-date over time. Ask a doctor or a healthcare professional about your specific condition.