

DEXA BODY COMPOSITION PRE-TEST REQUIREMENTS

Preparation Timeline

24 Hours Before: Skip Calcium Supplements

Please do not take any calcium supplements, such as Tums, Os-Cal, or multivitamins that contain calcium. These pills can sit in your stomach or intestines and show up as "bright spots" on the scan, which makes your bone density and body fat results less accurate.

2 Weeks Before: No Recent Imaging Dyes

If you have recently had an exam that used "contrast" or "dye," you must wait at least 14 days before having a DEXA scan. These dyes are very dense and will block the scanner from seeing your actual body composition.

Examples include:

- Barium swallows or enemas (used for GI tests)
- CT scans using "IV contrast" (Iodine)
- MRI scans using Gadolinium

Final Checklist

- What to Wear:** Choose comfortable clothes like sweatpants and a t-shirt. Avoid anything with **metal**, including zippers, metal buttons, rivets on jeans, or bras with underwires. Metal acts like a shield that the X-ray cannot see through.
- PREGNANCY: You cannot have a DEXA scan if you are pregnant.** If there is any possibility that you are pregnant, you must reschedule your appointment. The use of X-ray imaging is strictly prohibited during pregnancy for elective body composition testing.

Pro-Tip for Best Results: To get the most accurate comparison over time, try to wear the same type of clothes for all your future scans!