



Bone Density (DEXA)

What Does a DEXA Scan Do?

A Dual-Energy X-ray Absorptiometry (DEXA) scan measures your bone mineral density (BMD)—a key indicator of bone strength and fracture risk. Using a very small amount of X-ray, the DEXA scan evaluates areas most prone to fractures, such as the spine and hip. The test is quick, noninvasive, and painless, using about one-tenth of the radiation from a standard chest X-ray.

At Iowa Radiology, imaging is only the beginning. The insight gained from your DEXA scan helps guide decisions about your bone health and future care.

What Happens During the Test?

You'll lie comfortably on your back while an X-ray generator arm moves slowly over your spine and hip to capture detailed images. The technologist will help position your legs for the best results. The entire exam is quick and easy, taking about 10 minutes to complete.

How Do I Prepare?

Avoid taking calcium supplements for at least 24 hours before your exam. You may eat normally on the day of your appointment. Dress in comfortable clothing without metal zippers, belts, or buttons, as these can interfere with the images. You may be asked to change into a gown for the scan.

Tell Your Technologist:

If you have had a contrast exam or barium enema, you may need to wait 10 to 14 days before undergoing a DEXA test.

If you are pregnant, or think you might be pregnant, you may not be a candidate for a DEXA test.

The Results

A bone density test helps your doctor assess bone health and determine your risk for osteoporosis or fractures. The results provide valuable insight that helps guide your next steps in prevention or treatment

LOCATIONS

3625 N Ankeny Blvd, Ste H, Ankeny, IA 50023

1221 Pleasant St, Ste 350, Des Moines, IA 50309

12368 Stratford Dr, Ste 300, Clive, IA 50325

2515 Grand Prairie Pkwy, 2nd Floor, Waukee, IA 50263

HOURS

Monday – Friday: 8 AM – 5 PM

Saturday appointments available.

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