

(3 to 5 days) may be required if we are comparing these test results to previous findings from other facilities.

**Where is the test performed?**

Your DEXA scan will be performed in the Imaging Services Department of Cayuga Medical Center at the location selected below.

**Notes**

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NAME _____	
APPOINTMENT DATE _____	TIME _____



**Imaging Services Locations:**

- Cayuga Medical Center**  
101 Dates Drive  
Ithaca, New York 14850
  
- Ithaca Convenient Care**  
10 Arrowwood Drive  
Ithaca, New York 14850
  
- Cortland Convenient Care**  
1129 Commons Avenue  
Cortland, New York 13045

**(607) 274-4376**

[www.cayugamed.org](http://www.cayugamed.org)



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# DEXA Scan

DUAL-ENERGY X-RAY ABSORPTIOMETRY



A Member of Cayuga Health System

# Welcome to the Department of Imaging Services at Cayuga Medical Center

We are here to assist in the diagnosis of medical conditions and orthopedic injuries using various forms of radiography and imaging technology. We want to make you as comfortable as possible during your exam, while providing timely, thorough, and accurate diagnostic information to your doctor.

The information in this brochure will tell you about the imaging study for which you are scheduled. If you have additional questions, please feel free to call **(607) 274-4376** and ask for the diagnostic supervisor. This person will be able to help you.

## About our Imaging Services



Cayuga Medical Center has a commitment to and reputation for staying abreast of changing technology and our imaging equipment is state-of-the-art.

Our range of services is comprehensive and we offer all imaging modalities found in major medical centers. Radiologists are on site at all three of our locations, which also distinguishes the level of service we provide.

Imaging Services is staffed by six board certified radiologists, many of whom are sub-specialists in areas such as neuroradiology, abdominal CT, and interventional procedures. Assisting them are experienced radiologic technologists and sonographers, many of whom have completed advanced training and are certified in specialty modalities.

## DEXA Scan

### *(Dual-energy X-ray Absorptiometry)*

#### **What is the test?**

A DEXA scan measures bone mineral density and is used to determine if a person is at increased risk of fracture due to osteoporosis. This test measures bone mass precisely and safely, using a very low exposure to radiation. The sensitivity of the DEXA scan allows for early detection of diminishing bone mass, which means patients and their physicians can take measures to effectively stop the process of osteoporosis. DEXA scans can be used to monitor response to treatment for osteoporosis by measuring the change in bone mineral density between studies.

#### **How do I prepare?**

There is no special preparation needed for this test. However, patients should not take any calcium supplement the day before, or the day of, the DEXA scan. The DEXA scan should not be scheduled within one week following a nuclear medicine study, IVP, or contrast enhanced CT scan, or for one month following a barium test.

#### **What can I expect during the procedure?**

Plan to arrive at your designated Imaging Services site 15 minutes before your scheduled appointment. During the DEXA scan you will lie on a special table with your legs propped up on a soft support and your arms over your head or crossed high on your chest. A mechanical arm moves slowly over the area to be scanned. The lumbar spine, hip, and wrist may be scanned for the test. By measuring more than one area, more accurate information about your bone density can be determined. The exam is painless and takes about 15 minutes.

#### **How and when will I get my test results?**

Typically, within 48 hours a written report of your test results will be sent to your referring doctor, who will review them with you. Additional time