



Imaging test to be performed:

## Bone-Density Test

Patient's name: \_\_\_\_\_

Test date: \_\_\_\_\_

Test time: \_\_\_\_\_

*See other side for test location and registration instructions*

### What You Need To Know

#### How to prepare for your test:

If you have had a barium study or nuclear-medicine study within the last week, you must wait at least 7 days after that study before you can take a bone-density exam.

Wear comfortable clothing. Sweat pants or stretch pants are suitable. No metallic objects (zippers or buttons).

Please arrive 15 minutes early to register.

#### How long will the test take?

About 20 minutes.

#### What is the purpose of the test?

The primary purpose is to detect osteoporosis. This condition involves a gradual loss of calcium, causing the bones to become thinner, more fragile, and more likely to break. The test can also be used to assess your risk for developing fractures or to track the effects of treatment for osteoporosis or for other conditions that cause bone loss. Osteoporosis often affects women after menopause, but may also be found in men.

#### How is the test performed?

This is a simple, painless test. It uses an enhanced form of x-ray technology known as DEXA. While you are lying in on a cushioned table, a scanner passes over your body. The DEXA machine sends a thin, invisible beam of low-dose x-rays through your bones (usually your lower spine and hips) to determine their mineral density. The machine computes the data so that the radiologist can make an accurate diagnosis. The amount of radiation used is extremely small — less than one tenth the dose of a standard chest x-ray.

#### Insurance alerts:

Medicare will pay for this test only once every two years.

#### Required before test:

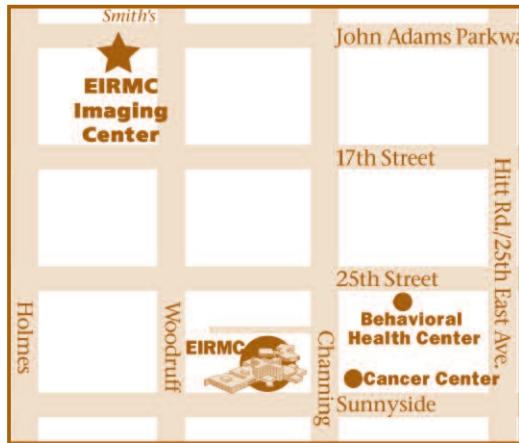
Please provide a signed physician order to perform the exam.

Results will be sent to your ordering physician after a radiologist's review.

## Your test will be conducted at:

### Imaging Center

1670 John Adams Pkwy  
Idaho Falls  
**208-535-4555**



## What is an x-ray?

Your doctor has ordered for you a body imaging test known as an x-ray. X-rays are a form of electromagnetic radiation, just like visible light. In a healthcare setting, x-rays are emitted by a machine as individual "particles" (photons) that pass through the body and then get detected by a sensitive film. Structures that are dense, such as bone, will block most of the photons and will appear white on developed film. Structures containing air will be black on film, and muscle, fat, and fluid will appear as shades of gray. Metal and contrast media block almost all the photons and will appear bright white. X-rays are also known as radiographs.

## How to register:

Please arrive 10 - 15 minutes (unless otherwise instructed) before your test, which includes time for you to register. See the following schedule for guidance on where to register. You will need to show a copy of your insurance card and driver's license each time you register.

## Where to register:

Day/Time	EIRMC Location
<i>Monday</i>	
8:30 a.m.-4 p.m.	Imaging Center
<i>Tuesday-Thursday</i>	
8:30 a.m. 8 p.m.	
(5-8 p.m., Mammograms only)	Imaging Center
<i>Friday</i>	
8:30 a.m. 7 p.m.	
(5-7 p.m., Mammograms only)	Imaging Center
<i>Saturday</i>	
9 a.m. 4 p.m.	
(Mammograms only)	Imaging Center