



**BONE DENSITY and VFA
(Vertebral Fracture
Assessment)**

Patient's Name: _____

DOB: _____

**St. Claire Regional
Outpatient Center
1028 E. Main Street
Morehead, KY 40351
Office: 606-783-6950**

Patients:
These are the instructions for your
scheduled procedure in our
Diagnostic Imaging Department.

Scheduling

Your examination has been scheduled for:

Date: _____ **Time:** _____ **A.M./P.M.**

The above time has been reserved for you. Please arrive 15 minutes before the appointed time so you can register. When you arrive to register, please follow the guidelines below to know where to sign in:

Admitting/Registration - 6:30 a.m. to 11:00 p.m.
Emergency Room Registration - 11:00 p.m. to 6:30 a.m.

Purpose: Bone density or DXA studies are performed to measure the density of particular bones that are commonly fractured as a result of decreased bone mass. . The procedure is extremely safe, as modern equipment uses very low amounts of radiation.

Preparation

- To help minimize the need for patients to change into a gown we encourage you to wear loose fitting, comfortable clothes without zippers, snaps or buttons.
- Unless otherwise instructed by your physician, eat normally on the day of the exam but **avoid taking calcium supplements 24 hours prior to your appointment.**
- You should not have had a barium study (barium enema, UGI or small bowel), radioisotope (nuclear medicine) study, an oral or IV contrast (dye) CT or MRI study seven days prior to your bone density study.

Procedure: A technologist will perform the procedure. You may be asked to put on a hospital gown if necessary to avoid the need of a gown we encourage you to wear loose fitting, comfortable clothes without zippers, snaps or buttons. You will be asked to lay flat on a padded table, leg and back supports are provided during the exam. This examination is painless and unlike typical x-ray equipment the radiation exposure is minimal. Therefore the technologist will be in the room during your procedure. The exam will take approximately 10-15 minutes.