



242 Green Street  
Gardner, ma 01440  
978-632-3420  
[www.heywood.org](http://www.heywood.org)

**PATIENT INSTRUCTIONS FOR BONE DENSITY (DXA)**

QUESTIONS ABOUT THE TEST: 978-630-6235

PATIENT SCHEDULING: 978-630-5070

EXAM DATE AND TIME: \_\_\_\_\_

DURATION OF EXAM: 20 minutes

Radiology is located on the ground floor.

PREGNANCY: If you may be pregnant, please consult your doctor before having this examination.

**INSTRUCTIONS:**

- Bring a medication list to your appointment.
  
- Please wear clothing without metal or buttons, such as snaps, zippers, underwire bras.
  
- Loose clothing with an elastic waistband is the most comfortable for this exam.
  
- **A bone density scan must not be done within 7 days of the following:**
  - GI exam**
  - Barium Enema**
  - IVP**
  - CT Scan with contrast**
  - Any Nuclear Medicine study**

To pre-register for your appointment, call Patient Scheduling at least 2 days before your scheduled appointment at 978-630-5070. Pre-registration will allow you to report directly to the Radiology Department the day of your appointment.

Please arrive 15 minutes early for your exam.

Thank you,  
Radiology Department