



INSTRUCTIONS FOR A DEXA SCAN

Dexa Scan

A Dexa scan uses Dual X-ray technology to assess body composition by measuring the mass of a person while lying comfortably on the scan table. The generated report gives percent body fat, fat and lean mass in grams, and a visual image of these locations. The information provided by a Dexa scan is valuable for weight loss, muscle gain and location of lean muscle, and location of fat that can contribute to health risks such as diabetes, cardiovascular disease, and hypertension.

Please note: If you have had any procedure where contrast (Barium or Iodine) was introduced to your system in the past 24 hours, you may want to schedule this exam at a later date as the contrast may make the results of the scan unreliable.

Preparing for the Appointment: All jewelry and metal will need to be removed. A sports bra that does not have plastic in it is best, since regular bras typically have underwire and metal clasps. Regular workout clothes are ideal for this body composition assessment (such as unpadded, fitted Lycra or spandex sports bras and shorts).

Appointment Time: Please come in roughly 10 minutes early to complete any necessary forms. Allow 20 minutes for the scan AND an additional 10 minutes to go over the results.

Appointment Location: The assessment will be conducted on the 2nd floor of the Anschutz Health and Wellness Center, located at 12348 E. Montview Blvd, Aurora, CO 80045. Parking is located in the lot on the south end of the building for \$1/hour.

****Not covered by insurance.***

For additional questions, please call us at 303-724-9030.