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## WHOLE BODY DENSITOMETRY PATIENT INSTRUCTIONS

Patient Name: \_\_\_\_\_

Date of Appointment: \_\_\_\_\_ Time of Appointment: \_\_\_\_\_

Christie Clinic on Windsor  
1801 West Windsor Rd  
Champaign, IL 61821

Christie Clinic in Danville  
3545 N. Vermillion  
Danville, IL 61832

If you are unable to keep your appointment, **please cancel at least 24 hours before your scheduled time** by calling **217.366.1285**.

### What does this procedure show?

The whole body scan is used to measure total body composition including how your weight breaks down in to fat, bone, and lean tissue.

### How do I prepare for the procedure?

- Do not consume alcohol for 24 hours prior to the scan.
- Do not exercise for 24 hours prior to the scan.
- Do not take any calcium supplements for 48 hours prior to the scan.
- Fast for 6 hours prior to the scan.

### What will happen during the procedure?

- Once you are taken back for your procedure, you will be asked to change into a gown and remove your shoes. The technologist will measure your height and weight.
- You will be asked to lie down on your back on the examination table. The technologist will position you so that your spine is in the proper alignment.
- The X-ray machine will be positioned over your body, and it will scan from your head to your feet. The technologist will ask that you remain very still during this time.
- After the test is completed, you may return to your normal daily activities. There is no pain from the procedure.

### How long with the procedure take?

The procedure takes approximately 20 minutes from start to finish.

### How do I get results of the procedure?

Your physician will contact you by phone or mail as soon as your test results are received and reviewed.