COMPOSITION ID

BEFORE YOUR SCAN

DEXA scan prep checklist

Preparation is easy. Follow these steps for the most accurate results you can compare from scan to scan.

- [ ] **Skip a large meal for 3 hours before your scan.** A light snack is fine.
- [ ] **Skip caffeine for 3 hours before your scan.**
- [ ] **Do not work out before your scan that day.**
- [ ] **Drink water normally.** No need to over- or under-hydrate.
- [ ] **Wear clothes without metal.** No zips, underwire, snaps, buckles or jewelry.
- [ ] **Scan at the same time of day each visit.** It keeps your results comparable.

How often to rescan

Every 8 to 12 weeks. That is long enough for real change in fat and lean mass to show, and short enough to adjust your plan. Keep the same prep each time so day-to-day noise does not hide your progress.

What to expect

You lie still on the table, fully clothed, while the scanner arm passes over you. The scan takes under 10 minutes, and your technician walks you through your results straight after.

> This preparation is for a body composition DEXA scan. If your doctor has ordered a medical bone density scan, follow the instructions your imaging center gives you.

Ready to book?

Book a DEXA scan at compositionid.com/locations · Washington, DC · Tysons, VA · College Park, MD · Scottsdale, AZ · Orlando, FL.

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