

# DEXA

EXERCISE AND PERFORMANCE NUTRITION LABORATORY

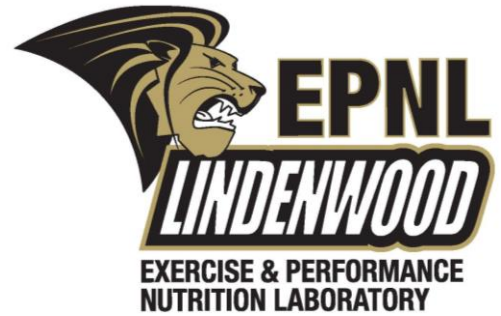
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The DEXA scan is a test we use to assess a person's body composition, which refers to the amount of fat, muscle, and bone in a person's body. The test is performed using a specialized machine that scans each person using a low dose of X-rays. Once the scan begins, the scan arm moves up and down the table and scans the entire body. Following the completion of the scan, the computer can then calculate the person's body composition as well as their bone density, both of which are clinically important values.

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## SCHEDULING AVAILABILITY

Testing times are available on Tuesdays and Thursday from 6:00 – 10:00am. We ask that all participants schedule for the earliest time available and then fill in the slots to 10:00am. Below are steps you MUST follow before doing a DEXA.

### DAY BEFORE:

- No exercise 24 hours prior to assessment
- Fast 8-12 hours
- 8 hours of sleep
- No caffeine 24 hours prior

### MORNING OF:

- Stay fasted
  - Maintain hydration (only drink a small amount of water to do so, anything with calories with skew results.)
  - ARRIVE ON TIME (ideally 5-10 minutes before scheduled time)!
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