

ATHLETE DXA PRE-TEST REQUIREMENTS



How to prepare?

You play an important role to ensure accurate data is captured.

Follow these steps to ensure the most accurate results:



DAY BEFORE SCAN



Eat as normal.

Do not change what or how much you would normally eat.



Be well hydrated.

Drink 1-2 glasses of water with every meal and snack.
*Check hydration status by assessing the colour of your urine – aim for a light straw colour or lighter.



No intense training

the afternoon before your scan.



DAY OF SCAN



REST

on the morning of your scan.



Do not eat or drink anything,

including water. Your scan will be scheduled early in the morning and testing must be fasted.

Bring breakfast with you to consume afterwards, especially if you are going straight to training.

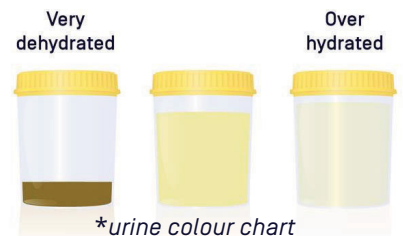


AT SCAN



Void your bladder upon arrival.

Collect a urine sample, if a specimen container was provided, so the DXA technician can assess your hydration status.



*urine colour chart



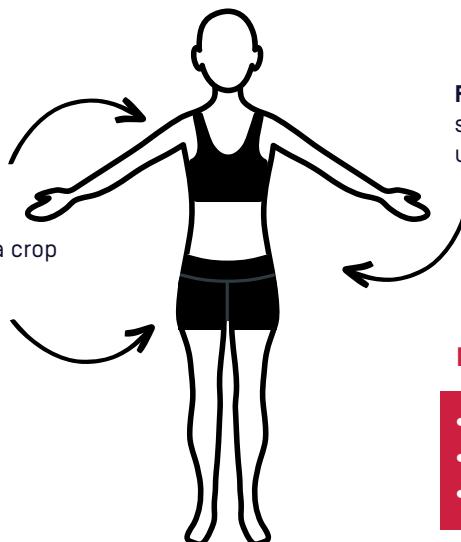
What to wear?

For females

suitable clothing will include underwear or tight shorts plus a crop top (no underwire or bra clips).



If possible, wear clothing without logos.



For males

suitable clothing will include underwear or tight shorts.



- Clothing containing metal or plastics
- Jewellery, including piercings
- Hair ties/clips [remove prior to scan]