

Prepare for Your Echolight Scan

What is an Echolight (REMS) bone density scan?

The Echolight bone density scan or REMS (Radiofrequency Echographic Multi Spectrometry) is the first ultrasound system and only radiation-free bone density test designed to assess the quality and density of your bones.

Preparing for your REMS scan

Please avoid a heavy meal and excessive fluid consumption 3-4 hours before your scan to minimize intestinal gas and ensure the highest quality imaging for accurate assessment of your bones. You may take your regular medications.

Wear comfortable, loose-fitting clothing without any metal components, such as zippers or snaps, which can interfere with the ultrasound waves.

Plan to arrive about 10 minutes early to complete any necessary paperwork and allow yourself to relax before the procedure.

Empty your bladder and bowels before the scan.

What Happens During the REMS scan?

You'll be asked to lie comfortably on an examination bed.

A technician will apply a small amount of ultrasound gel to the area being scanned, typically the lower spine or hip.

The technician will move the Echo Light ultrasound probe over the skin, sometimes with some degree of force, capturing detailed images and measurements of your bones.

Because Echolight is very sensitive and will only produce results when all criteria are met, it may take more than one scan to produce your results. In general, the entire procedure usually takes about 10 to 15 minutes. The process is painless and requires no recovery time afterward.

What to Expect After the Test

The Echolight software will generate a report within 60-90 seconds, displaying a T-score, Z-score, Fragility score, and BMI rating. While these scores are immediately available, official results will be interpreted and discussed during your follow-up appointment with recommendations for management if needed.

Following your REMS bone density scan, the ultrasound gel will be wiped clean, and you can immediately resume your normal activities.