

Preparing for your DEXA (Bone Density) Scan

This guide will tell you how to book an appointment and about the procedure

How to book an appointment

Your GP has seen you in the surgery and decided that it is appropriate to send you for a DEXA scan. While you were there they will have completed a referral form and emailed it to us.

Your GP will then expect you to telephone 01932 722482 after 48 hours to arrange an appointment.

Please remember that if we do not hear from you after 10 days we will contact your GP and your appointment may be cancelled from our system.

What is a DEXA scan?

A DEXA (Dual Energy X ray absorptiometry or DEXA) assesses your bone density. Generally, the higher the density of your bones the less likely your bones are to break. The lower the density, the greater the risk of fracture and this is described as Osteopenia or Osteoporosis, depending on the severity.

A DEXA scan is a quick, sensitive and accurate test that will specifically measure the density of your bones.

It is endorsed by the National Osteoporosis Society as the Gold standard for diagnosing Osteoporosis (www.nos.org.uk).

Who should be scanned?

Bone density assessments should ideally take place in those at risk of osteoporosis to identify early bone loss, take action to improve this and prevent fractures. Your GP will have assessed you as being at risk from osteoporosis.

Are there any side effects?

A DEXA scan involves a very low dose of X-rays (a form of radiation) passed across the body. Everybody receives a small amount of background radiation from the environment every day. The radiation received from your scan is very small, and would be less than the amount you would be exposed to flying from London to New York.

Are there any reasons I cannot have a DEXA scan?

Recent contrast X-ray e.g. Barium meal or swallow.

If you are unable to remain motionless for the duration of the measurement.

Pregnancy.



Before your appointment

Once an appointment has been made a letter of confirmation will be sent to you. Included with your letter will be a questionnaire which you need to fill in at home prior to your appointment. Please bring the completed questionnaire with you as this information is required in order to perform your scan.

Please note that there are DEXA scanners at both Ashford and St Peter's Hospital. Please ensure you come to the correct site for your appointment.

If you have limited mobility and may have difficulty getting up on to our couch please telephone 01932 722482. This will enable us to make appropriate arrangements for you.

The examination

The procedure will be explained to you and we will answer any further questions you may have. Please try to avoid wearing clothing/underwear with metal attachments otherwise you may be required to undress for the examination. The procedure will take approximately 20 minutes for a basic scan, slightly longer for more detailed procedures. The machine has a special detecting arm that moves over your body, this does not involve passing into a tunnel (like an MRI).

When will I get the results?

The results will be posted to your GP or Consultant. Please ensure that you have a follow up appointment to receive your results.

Giving your consent for the procedure

The information contained within this leaflet is intended to provide you with an overview of the examination that you are to receive. Prior to any medical procedure being carried out, the healthcare professional conducting the procedure will describe the nature of the examination you are to receive. It is your right to be given sufficient information to be able to make an informed decision as to whether you wish to continue with the examination or to refuse to undergo the procedure. Please ask any questions you may have.



Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔
जे उवाचुं उवममे ची लेंड वै उं विरथा वरवे इस नंबर उे हेंन वरे: 01932 723553
اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤ کریم اس فون نمبر 01932 723553 پر رابطہ کریں
Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553
यदि आपको अनुवाद की जरूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553
Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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