



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۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم 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 ज़रूरत 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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Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

## Bone Density (Dexa) Scan Imaging



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## 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 Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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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.

## **What is a DEXA scan?**

A DEXA (Dual Energy X ray absorptiometry or DEXA) is a painless procedure. 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](http://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/Consultant will have assessed you as being at risk from osteoporosis.

## **Are there any side effects?**

A DEXA scan involves a low dose of X-rays (a form of radiation). 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 San Francisco 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.

**It is very important that you inform the radiographer if you are, or suspect that you may be pregnant.**

## Before your appointment

You will have received a medical questionnaire with this leaflet and your appointment time and date. Please complete and bring with you to the appointment. If you cannot complete all the questions the radiographer at the unit will be able to help you.

**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 onto our couch please telephone 01932 722482 so that appropriate arrangements can be made for you.

**Please arrive 15 minutes before your appointment time; if you are late we may not be able to carry out your test. Please do not bring young children with you to your appointment, we do not have the staff or facilities to supervise them.**

## The examination

It is a quick and painless procedure that involves lying on your back on an X ray table so an area of your body can be scanned. This is usually the lower spine and a hip.

The machine has a special detecting arm that moves over your body and is not like an MRI where you are required to lie inside a tunnel.

The procedure will take approximately 20 minutes, sometimes longer if extra views are required.

Please try to avoid wearing clothing/underwear with metal attachments, otherwise you may be required to undress for the procedure.

## 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.