



YOUR BONE DENSITY SCAN EXPLAINED (DXA)

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language, large print, audio (CD or tape) or braille, please e-mail the Patient Information team at patient.information@ulh.nhs.uk

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Pan Trust Bone Densitometry &
Fracture Liaison Service

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www.ulh.nhs.uk

What is a bone density scan?

A bone density scan is a simple, fast and accurate test which uses low-dose x-rays to measure the density of your bones.

Many things can affect the density of your bones and this test will help your doctor decide if you need treatment.

A bone density scan can also be used to monitor changes in your bones over a period of time.

What does the scan involve?

This is a simple and painless test which involves you lying on a table whilst an x-ray arm passes over you. The x-ray arm does not touch you and you will not be in a "tunnel".

Due to the use of x-rays, if you are or may be, pregnant, please contact the department as soon as possible.

A brief clinical history will be taken and your height and weight measurement noted.

We will measure one of your hips and your lower spine. In some instances, we will also do a measurement of your forearm.

The technologist will go through some questions and your appointment will last approximately 20 to 25 minutes.

You will be asked about your medication.

Preparation

Please bring a list of current medications you are taking.

Please inform us prior to attending if you have had hip surgery.

Mobility

If you have any mobility queries please telephone the number on the front of the leaflet.

If you are eligible for hospital transport please inform the DXA department to ensure your appointment time is between 10.00am and 1.00pm.

Language

If you have specific language/interpretation needs please let us know. An information leaflet and appointment letter can be made available in your first language choice.

Clothing

When you attend for your scan you will be asked to change into a gown.

Should you not desire to change - please wear thin loose clothing without any zips, buttons, hooks or metal fasteners on them.

Jewellery or spectacles need not be removed, apart from navel piercings.

If you have had any tests in the x-ray department involving a special drink or injection within the last 2 weeks, please let us know **before** your bone density scan as it may need to be rearranged.

Please note the weight limit of the scanning Couch is 204Kg/32st 1lb.

If you have any queries please contact us on the telephone number overleaf.

After the test

When the test is completed, the images will be reviewed and a written report sent to the doctor who referred you for the test. The doctor will then explain the test results to you when you go back to the surgery or clinic.