About having a DXA scan
Your doctor would like you to come to the Royal Devon and Exeter Hospital (Wonford) for a DXA scan to determine your bone density. We hope this leaflet will answer some of the questions that you may have.

What is a DXA scan?
DXA stands for Dual X-ray Absorptiometry. It uses a fine x-ray beam to measure the quality of your bones and your likelihood of having osteoporosis. The scan is done on the lower back and both hips, unless you have a hip replacement or metal screws or plates in your back bone.

How long will the scan take?
Your appointment is for up to 20 minutes but the scan will only take about 5 minutes of your appointment time. Please complete the enclosed questionnaire to help us to use this time efficiently.

Do I need to prepare for the scan?
Other than removing any metal objects from within the scanning area, no preparation is required. You may eat and drink as normal before coming for the scan.

Is the radiation safe? (Q. How much radiation is involved)
YES. The amount of radiation you receive is very small. It is much less than most ordinary x-ray examinations.

If I am taking any tablets or other drugs, do I need to stop?
NO. Continue with any treatment as normal. It would be useful if you could bring a list of tablets or other drugs you are taking at the moment when you come for your scan. Make a list which includes medicines that have been prescribed by your doctor as well as any others you may be taking.

What happens to the results of the scans?
Your scan will be reported on at the earliest opportunity and the results sent to the doctor who requested the scan. It is advisable to allow a minimum of 2 weeks between your scan date and your appointment with the doctor to find out the results.
Is there anything I should tell the Radiographer before the scan?

YES. If you have a hip replacement or have had surgery on your back bone, and please tell us if you are, or think you might be, pregnant.

Valuables

Patients are encouraged to leave their valuables at home. It is the patient’s responsibility to ensure all valuables are on their person before leaving the DXA Department.

Cancelling your appointment

If you are unable to attend for your appointment, we would be grateful if you could contact us on 01392 402926 as soon as possible. We can then offer your original appointment to another patient. A further date and time will then be arranged for you. Please be advised that if you fail to attend your appointment, it may be necessary to remove you from the DXA waiting list.

Please note: if you have had D&V (diarrhoea and vomiting) you will need to re-book your appointment unless you have been clear for the past 48 hours.

Any more questions?

The staff in the department want your visit to be as pleasant and timely as possible. If you have any other questions, please ask the staff when you arrive for your scan, or telephone:

DXA Reception
01392 402926

How to get to the Royal Devon & Exeter Hospital at Wonford

Park & Ride

Our Dartline PR3 Park & Ride bus is quick and not expensive.
It runs from Wonford Hospital to Digby. Digby is near Tesco, the railway station and junction 30 of the M5. There are signs along some of the main roads into Exeter pointing to the RD&E park and ride.
The park and ride service runs from Monday - Friday. There is no service at the weekend.
Sat Nav - EX2 7PZ.

By bus

Stagecoach buses H Service run to Wonford Hospital from the High Street in the city centre Monday to Saturday. Limited Sunday service. They also run to Wonford Hospital from the Broadfields area.
Stagecoach buses from Exmouth (57), Dawlish (2), Torbay (X46), Teignmouth (2) and Plymouth (X38) stop next to the hospital on Barrack Road.
First Southern National bus X53 from Weymouth, Seaton, Beer and Sidford stops next to the hospital on Barrack Road. Turner’s Tours bus 369 from Chulmleigh, Lapford, Morchard Bishop and Crediton stops next to the hospital on Barrack Road and outside the main front entrance of the hospital.

By car

Follow signposts to the hospital from most of the main routes into Exeter. Follow signposts in the hospital grounds to our car parks.
Car parking is by pay & display, so please bring change.
The number of spaces is limited, so please leave plenty of time to find a space.

Using Sat Nav to find us?
Tap in postcode: EX2 5DW for RD&E Wonford