

The DXA Scanner

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 Energy X-ray Absorptiometry**. It uses a fine x-ray beam to measure the density of your bones and whether you have 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.

What does it involve?

To have a DXA scan you must be able to lie flat for up to 10 minutes, be under 149kg/23st 6.5lbs and be able to transfer onto a fixed bed.

You will lie on the scanner bed as in the picture. The bed is not adjustable with a fixed height of 68cm.



Please try to wear loose metal free clothing. If you have a zip, button, studs etc or under-wired bra you may need to change into a gown.

Who will be present for the scan?

The scan will be performed by either a trained radiographer or physiotherapist who specialises in bone density. Occasionally student radiographers or medical students may be present to observe the scan.

How long will the scan take?

Your scan takes between 10 and 20 minutes. Please make sure that you have completed your questionnaire.

Do I need to prepare for the scan?

Please try to wear loose metal free clothing. If you have a zip, button, studs etc or under-wired bra you may need to change into a gown.

Please make sure that you have completed ALL of the questionnaire before your appointment as all questions are relevant.

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. The dose from this scan is equivalent to one day's normal background radiation in the atmosphere.

If I am taking any tablets or other drugs, do I need to stop?

Continue with any medication as normal. There is a section on your questionnaire for any current medication. Please fill this in. You could alternatively attach a printed list of medications.

What happens to the results of the scans?

We **aim** to report examinations as soon as possible. The results will be sent to your referring clinician.

You will **NOT** be told the results of your examination at the time of your appointment.

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, and please tell us if you are, or think you might be, pregnant.

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.

Finally

The staff in the department want your visit to be as pleasant and timely as possible. If you find reading this leaflet difficult or you do not understand what it means for you, please call **01392 402926** and we can talk it through.

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

Please leave plenty of time if you are driving as parking can be difficult and you may miss your appointment.

Please refer to the enclosed "Welcome to the Medical Imaging Department" leaflet or use the Trusts website for the latest information:
www.rdehospital.nhs.uk/patients/where

For more information on the Medical Imaging Department, please visit our website:
www.rdehospital.nhs.uk/patients/services/medical-imaging

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