

Can I Bring A Friend Or Relative?

- Yes, but they may only enter the examination room in special circumstances (for health & safety reasons).
- There should be no discomfort during the scan. If you find positioning or the procedure uncomfortable, please tell a member of staff.

Risks

As with all X-ray examinations, there is a small amount of risk involved with ionising radiation, equivalent of approximately two days of radiation from our natural environment or radiation expected from a short flight. Your referring doctor has decided that the risks are negligible and that benefits of the examination are much greater.

If you think you could be pregnant, please inform a member of staff.

After Scan

- You can eat and drink normally after the scan.
- You can drive home afterward and return to activities.
- We will send your results to your referring clinician, who will discuss them with you at your follow-up appointment. If this has not already been scheduled, you will need to contact them to arrange for this.

DEXA Scan

What To Expect



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41 High St, Lurgan, Craigavon, United Kingdom BT66 8AH

What Is A DEXA Scan

- DEXA, or 'dual energy X-ray absorptiometry,' is an examination where you lie on a special bed while the arm of a scanner passes over you to measure your mineral bone density.
- This examination will be conducted by a Radiographer and a chaperone will be present
- The measurements are then compared with people of a similar age and weight, and of the same sex and ethnic background.
- Once the results of your examination are passed to your doctor, they will determine if you have osteoporosis and if you are at risk of brittle bones.
- We expect the scan to take up to 20 minutes.

What Is Osteoporosis?

- The term refers to the depletion of bone mineral density, causing progressive bone loss which increases risk of bone fractures. It affects almost half of post-menopausal women (the highest risk group for this condition).
- Before the introduction of specialised DEXA scanning equipment, evaluating bone density using conventional x-ray systems did not reveal a potential problem until a patient had already lost 25-30% of bone density.
- The highly sensitive equipment can now identify risk at a much earlier stage, allowing intervention to prevent further bone deterioration.

Preparation

There are no dietary requirements, though be sure to dress comfortably, with clothing that does not have any metal zips or buttons – as metal will interfere with the X-ray. If you wear a bra, this will have to be removed. A gown may be provided, if necessary.

Let us know if you have specific requirements, for example: wheelchair access, or if you have visual impairment or suffer from hearing loss.

What Happens During My Appointment?

- When you attend your appointment, speak with the reception team who will check your appointment details and guide you to the waiting area. You may have to complete a pre-examination form depending on your particular circumstances.
- A member of staff will escort you to the changing room.
- Your height and weight will be checked and you will be instructed on changing.
- The Radiographer will take you through to the scanner and confirm your details.
- You will then lie down on scanning table and the radiographer will position you and start the scan.

