



DEXA scan



About this booklet

The purpose of this booklet is to explain what happens before, during and after the procedure.

What is a DEXA scan?

A DEXA scan measures your bone density using a very low dose of X-rays. Normally we scan your lower back and left hip. The procedure is painless and you will not need an injection.

Before the scan

You may be asked to undress but if you wear loose fitting clothes preferably without zips or studs you may not have to.

You will have to lie on a couch for the scan and keep still when the images are being taken.

During the scan

The scan will take between 15 and 20 minutes but you may be in the department for up to an hour.

After the scan

Results are not given immediately but they will be sent to the doctor who requested the scan.

Bone Density checklist

Please complete and bring with you on day of appointment.

Name..... DOB.....

Please tick the appropriate box	Yes	No
Have you noticed any difference in your height?		
Have you had back surgery requiring metal work?		
Have you had a hip replacement?		
Have you had any fractures?		
To your knowledge, have either of your parents ever fractured their hip?		
Have you ever been prescribed steroids?		
Do you have Rheumatoid Arthritis?		
Is there a family history of Osteoporosis?		
Do you smoke?		
Do you drink more than three units of alcohol per day?		
Are you/could you be pregnant?		
Have you had the menopause?		
Have you had a hysterectomy?		
Are you taking Hormone Replacement Therapy (HRT)?		

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