

- You have had a nuclear medicine scan in the few days before your appointment
- You have had a CT or MRI using a contrast dye within the last few weeks, such as barium or gastrografin swallow or enema

Can I bring a relative or friend?

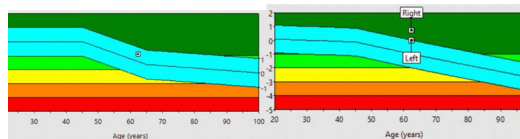
Yes, but due to very limited space, we do ask that you only bring one individual if needed to assist you.

Please do not bring children with you as they will be unable to accompany you into the scanning room.

What happens to the results?

We are unable to tell you your results on the day. Further processing is required and the report of the scan will be sent back to the doctor who requested the test. They will go through your results with you.

Example scan



If you have any questions or need further information, please contact the department on the phone number or email address on your appointment letter.

If your appointment date or time is no longer convenient for you, please let us know as soon as possible.

Further information on osteoporosis and bone density scanning can be found on the Royal Osteoporosis Society Website
www.theros.org.uk

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email:
interpreting.service@uhb.nhs.uk

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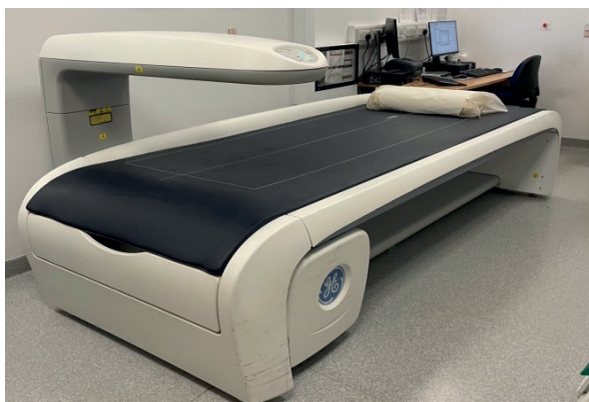
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Bone Density Scan

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Bone Density Scanner

Your doctor would like you to attend for a bone density scan. The reason for this will depend on your condition. This leaflet will explain the procedure and answer some of the questions you may have.

Please be punctual for your appointment. Due to our full clinics, we may not be able to see you if you arrive after your appointment time.

What is a bone density scan?

A bone density scan, also known as a DXA (dual energy X-ray absorptiometry) scan, is a test that measures the density or strength of bones.

The scan is used to diagnose osteoporosis (where the bones become weak and fragile and are more likely to fracture).

It involves exposing your body to a very small dose of X-ray radiation and detecting how much radiation is absorbed by your bones.

DXA scans are painless and non-invasive (do not require any injections) and the procedure is quick and simple requiring you to lie on your back on a scanner like the one shown in the picture.

You are asked to keep still while the scanning arm passes over you.

Routinely, we will scan your lower back and both hips. We may also scan a forearm and/or your whole spine from the side.

There is no 'tunnel' to pass through as there is in other types of scans (MRI or CT) so it should not affect claustrophobic people who do not like being in enclosed spaces.

The radiographer performing the scan will be present in the room throughout.

How long will it take?

Depending on your mobility, you should only be in the department for around 20–30 minutes with around 5–10 minutes of actual scanning time.

Are there any side effects or risks?

DXA scans are commonly performed and are safe. You will be exposed to some X-ray radiation but the amount you receive is very low. There are no side effects. You are able to go home as soon as the scan is finished. You can drive as normal afterwards.

Do I need to prepare for the scan?

There is no special preparation required for the scan. You can eat and drink and continue to take your medication as normal.

Please wear light clothing without any metal or zips. Please avoid wearing jeans and be ready to remove jewellery if asked. A bra can be worn but you may be asked to take it off.

If you attend wearing clothing that might interfere with the scan, you may be required to wear a gown.

Please contact us prior to your appointment if:

- You are, or think you could be, pregnant – a DXA scan is not recommended for pregnant women unless there is an urgent medical reason authorised by our doctors