

Why am I having this scan?

We have been asked to take pictures of your bones to find out how strong they are. Your bones may be weaker than normal because of the reasons listed on the front of your yellow questionnaire. Fractures which happen easily can show that your bones are not as strong as we would like.

When your bones are weak it is known as osteoporosis. The pictures we take for a bone mineral density scan calculate how strong or weak your bones are. Osteoporosis doesn't cause pain but can cause fractures to happen easily. If your bone strength is low your healthcare professional can help reduce your risk of breaking your bones.

Further information about osteoporosis is available from the Royal Osteoporosis Society:

<https://theros.org.uk/>

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.PatientAdviceandLiaisonService@nhs.net or telephone 01225 825656.

Bone Mineral Density scan using a DEXA Scanner

X-ray pictures of your bones are taken to calculate how strong they are. If your bones are fragile this is known as osteoporosis.



What to expect for your appointment

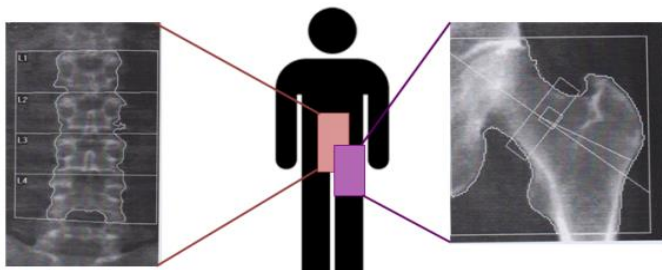
How to prepare

It is important to dress correctly for your appointment so that you don't have to change before the pictures can be taken.

- Please wear clothes without fastenings or metal studs.
- Please wear trousers with an elastic waistband. You will be asked to remove a belt or trousers with fastenings.
- For women, please do not wear a bra. You will be asked to remove a bra with any fastenings or under-wiring,
- Please remove any necklaces or belly button piercings.
- All rings and watches CAN be worn.

What happens during the appointment?

- We will go through the yellow osteoporosis questionnaire with you. Please complete it before you arrive and bring it to your appointment.
- We will take a measurement of your height and weight.
- You will be asked to lie on the bed while we take pictures of one of your hips and lower spine as shown below.



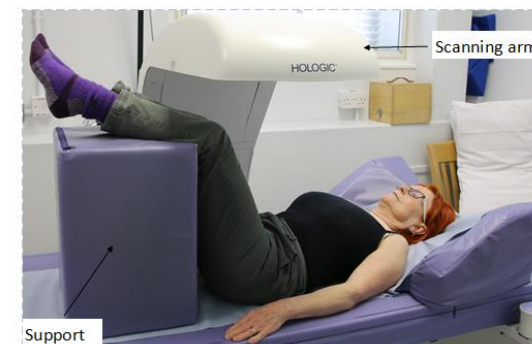
A DEXA scanner is used to take a picture of one hip and your lower spine.

- For the picture of your hip, a foot support will be used as shown below.



Patient position for picture of hip

For the picture of your spine your legs will be raised onto a block as shown below.



Patient position for picture of lower spine

Once the pictures have been taken the technologist will use software to calculate the density of your bones and therefore their strength.

The technologist has to make sure that all the right information is ready to be sent to a clinician to report.