



## About your DXA appointment

You have been referred for an DXA scan. This guide will tell you about the procedure and help you prepare for the appointment and what will happen afterwards.



## What is a DXA scan?

A DXA scan is a painless test that measures the density of bones. DXA stands for dual energy X-Ray absorptiometry. Generally, the denser your bones are the stronger they are, and the less likely they are to break. DXA scans help find out whether you have osteoporosis or are at risk of developing it. They can also be used to detect other bone disorders and conditions, and to monitor the relative amounts of body fat and muscle in your body.

A DXA scan is a fast and accurate test, and is preferred over a normal X-Ray for detecting bone density because it is more sensitive. For example, normal X-Rays can only detect osteoporosis (weakened bones) when around one-third of the bone mass has already gone.

DXA scans can measure the calcium content in your bones; this can't be measured in an ordinary X-Ray.

For further information, please visit the National Osteoporosis website at [www.nos.org.uk](http://www.nos.org.uk) and select 'About Osteoporosis' from the Main Menu.

## Who should be scanned?

Bone density assessment should ideally take place in those at risk of osteoporosis to identify early bone loss, take action to improve this and prevent fractures.

## Reasons for scan

Your GP may have assessed you as being at risk from osteoporosis or you may feel that you are at risk and wish to refer yourself for a scan.

## Are there any reasons I cannot have a DXA scan?

Patients with the following characteristics will be unable to have a scan:

- Recent contrast X-Ray e.g. Barium
- Severe arthritic or fracture deformity

of the spine or femur

- Radio-opaque implants such as an artificial hip
- A patient's inability to maintain correct position and/or remain motionless for the duration of the measurement.

If you are at all concerned then please contact your GP.

### Are there any side effects?

A DXA scan involves a low dose of X-Rays (less than a normal X-Ray) being passed across the body. X-Rays are a form of radiation.

Everybody receives a small amount of radiation from the environment every day. The radiation received from your scan is very small, and would be less to the amount you would be exposed to on a transatlantic flight. However, if you receive many doses of radiation, the effect can build up and be harmful. Simply put, the less you receive, the better.

**If you are, or suspect that you may be pregnant, please tell the radiographer before the scan is carried out.**

All the information you give will be treated with the strictest confidence.

### Before your appointment

No preparation is required prior to your examination.

If you require assistance with language interpretation or would wish to be escorted by a friend, relative or carer, please advise the clinic so that the staff are ready for you.

### When you arrive

On arrival one of our staff will explain

the procedure to you and answer any further questions you may have.

### The examination

Depending on which part of your body is being scanned, you may be able to remain fully dressed,

in clothes without metal fastenings. It is a painless procedure and you can go straight home afterwards.

### How long will it take?

The length of time taken depends on the type of examination. Usually the procedure will take between ten and twenty minutes.



## How to find us

The London Imaging Centre, 11 Wimpole Street, London, W1G 9ST  
Tel : 020 7467 8800

### By Road

The London Imaging Centre is located nearer Oxford Street at 11-12 Wimpole Street, close to the junction with Queen Anne Street. Parking can be difficult but there are a number of car parks nearby including Cavendish Square and Marylebone Road. There is no parking available at The London Imaging Centre. Congestion charges do apply in this area.

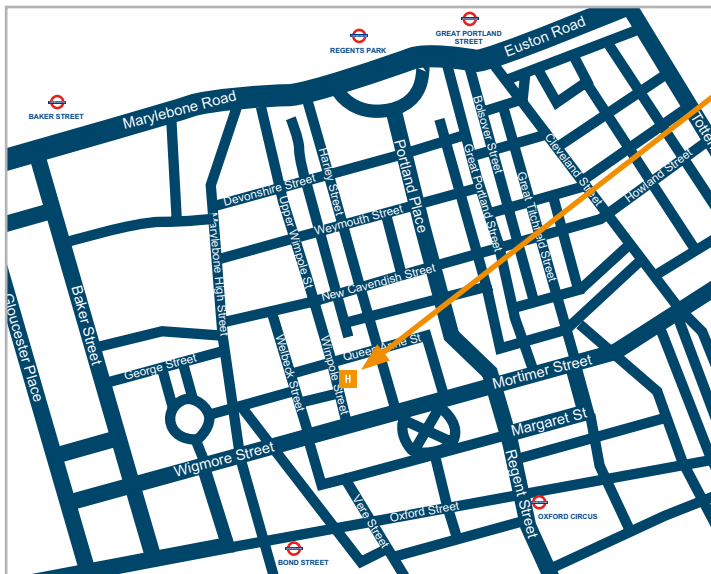
### By Rail

The nearest underground stations are Bond Street (Central & Jubilee lines) and Oxford Street (Central & Victoria lines) both less than 0.5 miles from the centre. The nearest rail station is Marylebone Station (BR & underground connect) which is about 0.8 miles from the centre.

### By Bus

Bus routes serving the Centre are 205, 25, 88, 453 and C2, which will come direct to Oxford Street or very near.





## The London Imaging Centre

### Informed consent

The information contained within this leaflet is intended to provide you with an overview of the examination or treatment that you are to receive. Prior to any medical procedure being carried out, the healthcare professional conducting the procedure will describe the nature of the examination or treatment you are to receive and will detail any risks associated with the procedure. It is your right to be given sufficient information to be able to make an informed decision as to whether you wish to continue with the examination/treatment or to refuse to undergo the procedure.

The nature of some examinations and treatment requires that your consent to continue must be given in writing and a form will be provided for you to sign. Some examinations

may only require your verbal consent. For further information regarding our consent policy, please contact the Centre to which you have been referred.

We take pride in the standard of service which we offer at InHealth. If you do have reason to complain, however, we take your comments seriously and a full complaints procedure is available upon request. Please ask a member of staff at the Centre who will be able to provide you with a copy, alternatively call the **Central Bookings line on 0845 603 0854** for a copy of the policy or to make a complaint. If you are unhappy with our handling of your complaint, you can contact the External Adjudication Secretariat, C/O Independent Healthcare Advisory Services, Centre Point, 103 New Oxford St, London WC1 1DU.



## Appointment Details

Name: .....

Date: .....

Time: .....

Consultant: .....

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### About InHealth Limited

InHealth is a leading provider of diagnostic and imaging servicing operating exclusively in the UK working predominantly within the NHS, but also servicing the needs of private health care providers. We deliver excellent professional services across a range of modalities. We have a key part to play in the provision of high quality healthcare and in the working lives of the professionals within it.

The London Imaging Centre is run by InHealth Limited

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