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Bone Mineral Density (BMD) measurement (DXA bone scan)

***Information for
patients and carers***

**Grampian Osteoporosis Service
Dr Gray's Hospital
Elgin, Moray, IV30 1SN**

Where is the scanner situated?

The DXA scanner is in the Outpatient Department, Dr Gray's Hospital, Elgin, IV30 1SN.



How can you measure bone density?

The most common way to measure your bone density is Dual Energy X-Ray Absorptiometry (DXA). This is the most accurate and reliable way of assessing the strength of your bones and their future risk of fractures (broken bones).

Is a DXA scan safe?

Yes. It involves a relatively small radiation dose which is similar to natural background radiation or less than one tenth the dosage of radiation that you would get from a chest X-ray.

Which bones are scanned?

DXA machines usually scan the lower spine and both hips. This helps us determine your individual risk of fracture and a possible diagnosis of osteoporosis. We may scan your spine with you lying on your side to check if you have a spinal fracture. Occasionally we scan the forearm or do a whole body assessment.

What does a DXA scan involve?

The DXA appointment will take up to 45 minutes.

It doesn't involve going into a "tunnel" or having an injection. We ask you to lie on a firm couch, while the arm of the scanner passes over you to take an image of your spine and hips.

What should I wear?

- ✓ **PLEASE WEAR loose comfortable clothing.**
We will ask you to remove underwired bras.
- ✗ **DO NOT WEAR:**
 - ✗ **Jeans as they affect the quality of the scan.**
Normal trousers with a metal zip at the front are fine.
 - ✗ **Clothes that have metal or metal decoration.**

Do I need to bring anything else?

Please complete and bring the DXA questionnaire that came with your appointment letter. This will help us undertake your DXA scan assessment.

How can I change or cancel an appointment?

Please contact:

Email: gram.osteoporosis@nhs.scot

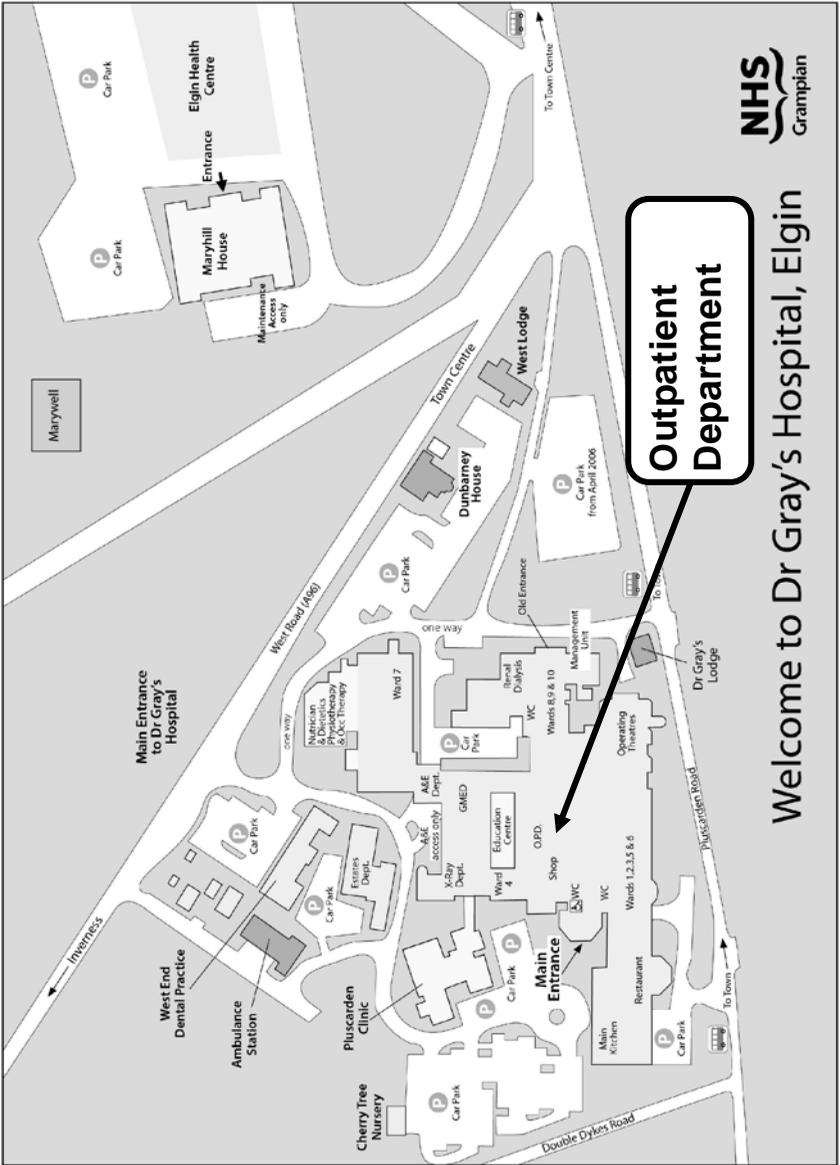
☎: 01224 559970 or 559971

Please quote your name, date of birth or CHI number (this is on your invitation letter).

Is there any car parking?

There is parking for patients on the hospital site although it is busy at peak times (see map on page 4 of this leaflet).

Check our website **www.nhsgrampian.org** for more information on how to get to Dr Gray's Hospital.



Welcome to Dr Gray's Hospital, Elgin

This leaflet is also available in large print.

**Other formats can be supplied on request.
Call Quality Development on 01224 554149
for a copy. Ask for leaflet 0479.**

Feedback from the public helped us to develop this leaflet.
If you have any comments on how we can improve it, please
call us on 01224 554149 to let us know.