

Information about your  
**Bone Densitometry Scan**

Your doctor would like you to come for a bone densitometry scan. This leaflet will answer some of the questions you may have.

Please see appointment letter and enclosed directions for location of department.



## **Do I need to do anything right away?**

Yes, if you are pregnant (or think you may be pregnant), please contact us now.

## **Help with Specific Needs**

If you need help with any of the following please telephone the department.

- Sight, hearing or require an interpreter
- Mobility, specialised equipment (e.g. hoist) or any other need

## **What is Bone Densitometry or DXA Scan?**

- Dual-Energy X-ray Absorptiometry (DXA) is a special X-ray technique which allows us to look at your bones to assess their strength and your risk of fracture.
- A DXA scan is commonly used to assess for Osteoporosis. Osteoporosis is a condition:
  - o Where over a period of time bones gradually weaken
  - o Which ultimately results in an increase in the risk of broken (fractured) bones
  - o Usually associated with fractures of the wrist, spine or hip.
- DXA scans are also used to monitor response to treatments and changes in bone density over time

## What does a DXA scan involve?

The scan involves X-ray measurements:

- Two of your spine and
- One of your hip
- If necessary we may also scan your wrist

The DXA scan is quick and will last approximately 15 minutes, but you may be in the department for longer if you are also having an appointment with an osteoporosis nurse.



## DXA Scanner

### What to wear

For the scan we will need to remove all clothing with metal objects, such as zips or hooks, all belts and any items of jewellery. If possible please wear loose fitting clothes with no metal fastenings. We advise you not to wear underwired bras or jeans. If your clothing is not suitable for the scan we may ask you to change into a hospital gown.

## **What happens to the results of the test?**

We will send a report to the hospital consultant or GP who asked for the scan.

## **Can I bring a friend or relative?**

We ask that all patients attend appointments alone wherever possible. If you attend with a friend or relative they may need to leave the department whilst you are having your scan.

Please do not bring children and people who are pregnant with you.

## **Radiation Risks – Putting it in Perspective**

We are all exposed to natural background radiation every day of our lives. By having this DXA scan you will receive a small amount of radiation in addition to the natural background you already receive.

This scan carries a very low risk from radiation. If you would like more information about the radiation you will receive from this scan please ask a member of staff when you attend your appointment.

## **Any more questions?**

The staff in the department want your visit to be as pleasant as possible. If you have any other questions, you can telephone, or ask us before your test starts. The telephone number is on your appointment letter.

## **Travel to Hospital by Patient Transport (Ambulance or Ambulance Car)**

A hospital or clinic appointment does not mean that you qualify for patient transport. If for medical reasons, you need this form of transport, you or your carer should arrange this. Please call the Scottish Ambulance Service on ☎ **0300 123 1236** at least 3 days before your appointment but no sooner than 30 days in advance. They will ask you a series of assessment questions to determine your need. Please tell the transport service how long your appointment will last, (this is on your appointment letter), if you don't there may be no ambulance available to take you home.

Lines are open **8:00 am to 6:00 pm Monday to Friday** and **8:00 am to 1:00pm on Saturday**.

If you no longer need the ambulance or car please call the cancellation number on ☎ **0800 389 1333** as soon as possible before your appointment date and tell them your name, address, phone number, date of appointment and hospital clinic you are attending. Please also call the department to cancel your DXA appointment if you no longer need it.

Please note they will only transport your escort or companion if absolutely necessary for your medical need.

## Travel Costs

Patients can claim their travel costs if they receive Family Credit, Income Support or are on a Low Income. Please ask staff for further information or directions to the cashier's office.

Please note:

- Patients must bring proof of entitlement e.g. a letter confirming entitlement to benefit, HC2 certificate, NHS Tax Credit Exemption Card, Asylum Registration Card (ARC).
- Bus or rail tickets will be required as evidence.
- We can reimburse the cost of petrol for patients using their car.
- In some cases the travelling costs of an escort can be claimed.
- Taxi fares will not be reimbursed.

All patients travelling from the Highlands and Islands are entitled to claim some or all of their public transport costs of travel.

## Parking

Car parking is free. Please allow time to find a car parking space.

Disabled parking spaces are available in the main car parks. More information on hospital parking can be found on

 <https://www.nhsggc.scot/hospitals-services/visiting-hospital/transport-travel-and-parking-information-for-patients-and-visitors/car-parking>

## Public Transport

For transport information (including timetables, journey planners and routes) visit  [www.travelinescotland.com](http://www.travelinescotland.com) or call  **0871 200 2233**

For more travel information please visit Transport, Travel and Parking - Information for Patients and Visitors - NHSGGC.

## Use of your images

We may use images or details from your test for research, teaching or presentation purposes to improve our service. You will not be able to be identified from this information. Please let us know if you do not wish your data used in this way.

## Comments and Suggestions

We welcome comments and suggestions about any aspect of your attendance at the hospital.

Please speak with a member of staff or you can use our online feedback system,  <https://www.nhsggc.scot/contact-us/get-involved/share-your-feedback/>

You can also comment on Care Opinion

 [www.careopinion.org.uk](http://www.careopinion.org.uk)

## Complaints

If you wish to complain then in the first instance speak with a senior member of staff. You can ask for a guidance leaflet which is available from all clinics. You can also contact the Complaints Office on:

 **0141 201 4500** or

 [complaints@ggc.scot.nhs.uk](mailto:complaints@ggc.scot.nhs.uk)

## **Further Information on Osteoporosis**

The Royal Osteoporosis Society produce a series of information leaflets concerning osteoporosis. If interested please contact:

 [www.theros.org.uk](http://www.theros.org.uk)

 0808 800 0035