

*Better  
Together*

## Patient information

### **Bone Mineral Densitometry Measurement (DEXA)**

Department of Nuclear Medicine

## **What is DEXA?**

This is a specialist type of X-ray procedure, which enables us to estimate the mineral content of your skeleton to see if you have osteoporosis.

## **What are the benefits of DEXA?**

This examination is important in the accurate diagnosis of your condition so that you can receive the correct treatment.

## **What are the risks of this procedure?**

People often worry about tests or treatments that involve the use of X-rays. We tend to forget that we are all exposed to background radiation every day.

Please remember that the amount of extra radiation from your test is small. The benefit to you of providing your doctor with useful information about your health far outweighs any risk related to this radiation.

## **Are there any alternative diagnostic tests available?**

While there may be alternative diagnostic tests, your doctor has considered your particular case and has decided that this is the most appropriate test at this time.

## **What will happen if I decide not to have this test?**

It is your decision whether or not to proceed with the scan. However if you do not your doctor may not be able to find out what is wrong and may not be able to plan the appropriate treatment for you.

## **Female patients**

Where possible, we try to avoid using X-rays in patient's who are, or may be pregnant. Therefore, please contact the department on Tel: 0151 706 4464 if you are:

- pregnant
- you think you could be pregnant
- your appointment is more than ten days from the start of your last period.

**If you are worried and have any questions, please speak to your doctor or a member of their team.**

## **Getting ready for your DEXA test**

- If you weigh more than 21 stone please ring the department on Tel: 0151 706 4453
- There is no preparation for this test.
- You may not need to undress, but we advise you to wear something comfortable with as few metal and plastic fasteners as possible.

## **Your DEXA test**

You will be asked to lie on a couch and we will then carry out two X-rays.

- One over your lower back.
- One over one of your hips.

Each of these involves a small arm of equipment passing slowly over the appropriate part of your body.

**You will not be enclosed in a tunnel. You will not have any injections**

This test will not make you feel unwell.

## **Results**

Your results will be available at your next clinic appointment.

## **Cancellations**

If you are unable to keep this appointment, please let us know as soon as possible and we will arrange another for you.

## **Location**

The Royal Liverpool University Hospital is situated on the edge of the city centre. Please come directly to the Bone Densitometry Unit, which is situated on the lower ground floor on the XY side.

## **Transport**

The Royal Liverpool Hospital is well served by public transport. Patients and visitors who are able to do so may wish to consider using public transport.

For details of routes, services and times please contact the Merseytravel line on Tel: 0151 236 7676.

Parking for patients and visitors is available at the Q-park multi-storey car park. It is located almost opposite the main hospital entrance. The entrance by car is on Epworth Street off Erskine Street.

The car park is open 24 hours a day seven days a week.

Please take your ticket with you when you leave your car. Payment is made when you return to your car at the machines within the car park.

Your ticket is inserted into the exit barrier as you leave the car park. The car park is continually monitored by parking hosts and CCTV.

There are ten spaces for the disabled on the entry level of the car park. If you need help, please speak with the parking hosts at the car park entrance.

If you normally require an ambulance when you attend hospital please contact the department as soon as possible.

## **Further information**

**If you have any further questions, or require further information, please contact**

**Department of Nuclear Medicine**

**Tel: 0151 706 4464**

**Text phone number: 18001 0151 706 4464**

**Author: Nuclear Medicine**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نمخوشانهی له‌لایمن تراستهوه پاسهند کراون، نهمگ داوا بکریت له فورماتکائی تردا بریتی له زمانهکائی تر، نیز ی رید (هاسان خوینندنهوه)، چاپی گموره، شریتی دهنگ، هیللی موون و نملیکترونیکی هیه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.

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