

## **Information for patients having a Bone Density Scan**

### **What is a bone density scan?**

A bone density scan will measure your bone density (how strong your bones are). It will tell the doctor if your bones are normal for your age. Unfortunately we will not be able to perform this scan on patients weighing over 30 stone/191kg. Please inform the X-ray Department on receipt of this letter if this applies to you.

### **How long will it take?**

The scan takes approximately 20 minutes. You are advised to allow up to 1 hour in the X-ray Department.

### **Do I need to prepare for the scan?**

You will be asked to change into a gown prior to your scan.

### **Are you pregnant?**

To ensure that you are not pregnant you should have this examination between the 1st day of your menstrual period and the 28th day following.

### **What happens during the scan?**

You will be asked to lie flat on your back on a bed and a scanning arm will pass over the area we are interested in. We will scan your lower back and your hips. You will not go through a tunnel and you will not have an injection. It is a painless procedure.

### **Are there any risks or side effects?**

The amount of radiation involved in a bone density scan is very low - much less than that received during a low dose x-ray. There are no side effects.

### **How will I get the results?**

The results will be sent to the doctor who referred you for the scan. The radiographer will advise you when you may receive your results.