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

***Information for
patients and carers***

**Grampian Osteoporosis Service
Ashgrove House
Aberdeen Royal Infirmary
Aberdeen AB25 2ZA**

Where are the scanners situated?

The DXA scanners are situated at the Grampian Osteoporosis Service, Ground Floor, Ashgrove House, Foresterhill, Aberdeen, AB25 2ZA. We also have a mobile DXA scanner



A DXA scanner

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

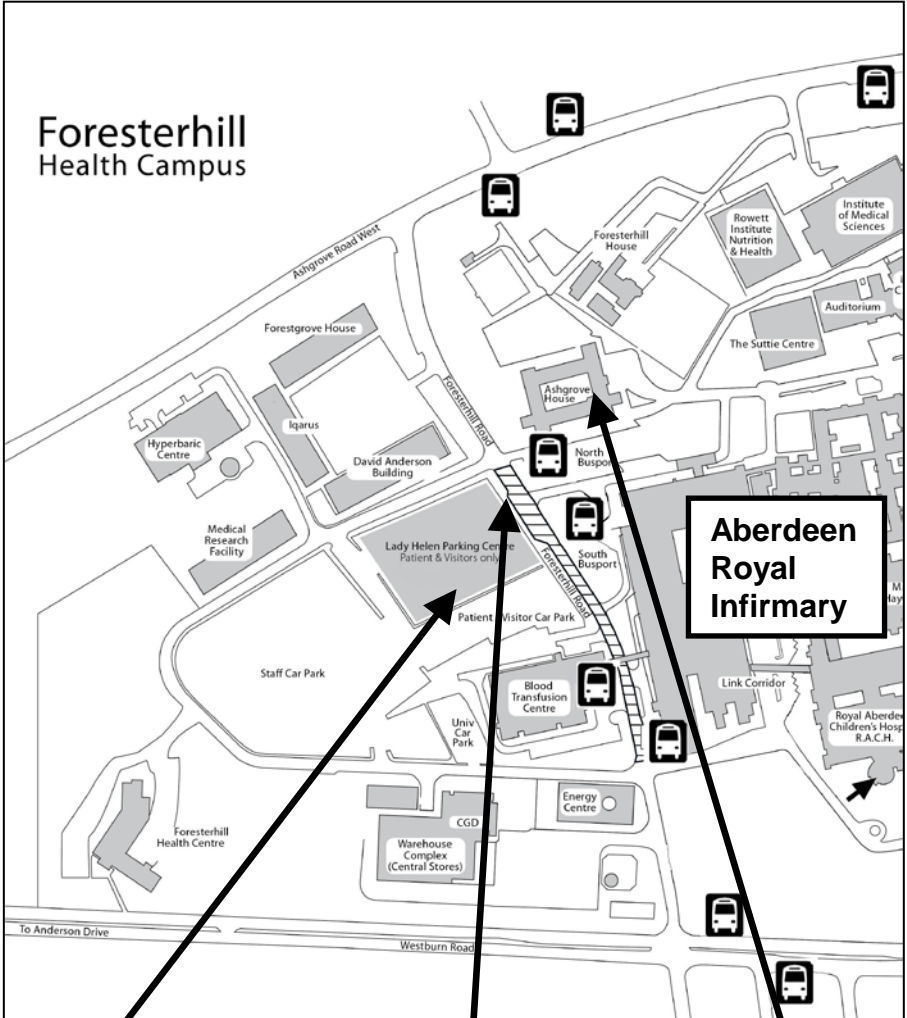
Please quote your name, date of birth or CHI number (this is on your invitation letter).

Is there any car parking?

The large multi-storey car park is opposite the main entrance to the Foresterhill site and is near our department. There is also some limited parking, including disabled spaces, directly outside Ashgrove House.

Show the barrier attendant your appointment letter to get into the site or the multi-storey (see map on page 4 of this leaflet or go to our website **www.nhsgrampian.org** and check the “Getting to ARI” page).

Foresterhill Health Campus



**Aberdeen
Royal
Infirmary**

**Multi-storey
car park**

**Main
entrance
to site**

**Grampian
Osteoporosis
Service, Ashgrove
House**

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Feedback from the public helped us to develop this leaflet.
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