

A guide to your Dexa exam at Musgrave Park Hospital

What is a Dexa scan?

A DEXA scan is a simple, quick and non-invasive procedure which is usually completed within 10-15 minutes. DEXA is today's established standard for measuring bone mineral density (BMD). Radiographers are highly trained professionals who will carry out your scan. It is NOT a tunnel type scanner.

You may be asked to complete a questionnaire which will help the referring clinician to determine if you have medical conditions or take certain medications that either increase or decrease your risk of a fracture.

What are the risks and benefits?

The radiation dose that you get from a Dexa scan is very small and the associated risks are minimal or negligible. Clinical staff consider both the risks and benefits when deciding what examination is appropriate for you. Each Dexa request will be checked by a radiographer to ensure it is properly authorised and necessary.

The benefits of having the Dexa outweigh any risk. Clinical staff are responsible for making sure that the dose that you receive is kept as low as necessary to aid your diagnosis.

Patients/individuals of childbearing potential:

Radiation can be harmful for an unborn baby. Please contact the appointments office on **028961 58900** if you are or think you may be pregnant.

Before your Dexa scan the Radiographer will check your pregnancy status with you and discuss whether it is appropriate for you to have the scan.

Consent – asking for your consent

The Radiographer will ask you if you are happy for the scan to go ahead. This is a form of verbal consent and may only involve the Radiographer checking you are booked for the correct x-ray. If you do not wish to have the scan or are undecided, please ask the Radiographer so that they can answer any questions you may have.

Remember, it is your decision. You can change your mind at any time and your wishes will be respected. However, not having the scan may delay your diagnosis as the doctors may not have all the needed information.

Students/trainees may be present during the examination but only with your verbal consent.

Please remember that you can ask the radiographer any questions you have at any time before, during or after your scan.

Before your procedure

- **Clothes:** There are various items of clothing that can affect the quality of the scan and you may be asked to remove them and wear a hospital gown. If you do not wish to change into a hospital gown then please do not wear clothing with zips, metal, buttons or that are made out of thick material.
- **Relatives and escorts:** You may bring a friend or relative with you to the x-ray department when you have your x-rays, although they will not normally be allowed into the examination room. Patients under the age of 18 should be accompanied by a responsible adult/guardian.
- **Children:** Unfortunately, we are unable to offer childcare facilities. If you need to bring your children with you, please bring along an adult who can supervise them while your examination is being done.
- Please inform the department if you have had any other imaging examination involving contrast within the last six weeks.
- If you have any medical problem which you feel may affect your safety in the department, or if you feel you may need any assistance, please let us know when you arrive.

When you arrive

You should go to the reception desk in the outpatients building, after which you will be shown where to wait until collected by a Radiographer or other member of staff.

Will I feel any pain?

You cannot feel x-rays and so the procedure itself is painless. However, it is important for the Radiographer to get you into the correct position. Holding this position or lying on the x-ray table may, for some people, feel uncomfortable, but for the majority of patients this is not the case.

What happens during and after the scan?

The Radiographer will ask for your date of birth and address to confirm your identity. They will give you instructions throughout the examination and position you in order to perform the scan. Although the Radiographer will go behind a screen, you will be seen and heard at all times. The scan should not be uncomfortable or painful.

Once the examination is complete you can go home. The scan will be analysed by the radiographer and the report will be sent to your referring doctor or other professional who referred you for the scan.

When will you get the results?

The results will be sent to the referring clinician with whom you can discuss the report at your next appointment.

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Image sharing

Your images will be electronically stored on the hospital radiological information system, which can be accessed throughout the Belfast Health and Social Care Trust and other NHS Trusts by doctors and health care professionals. The ability to share images and radiological reports will improve the safety and quality of your care by ensuring that the right information is available in the right place at the right time.

In order to improve the medical services we provide we may also use your data as anonymously as possible for internal audit and medical education. If you would prefer that your data is not used for these purposes, please inform a member of staff when you attend for your examination.

If your data is to be used for research, then a separate consent process will be used. You will be asked for your consent should this be the case.

Contact us

If you have any queries, we will be happy to answer any questions on the day of your Dexa scan or you can contact us on the number given on your appointment letter.

We hope you found the information in this leaflet helpful. If it did not tell you what you needed to know or you would like to provide any feedback on your experience please let us know so that we can make any necessary improvements.

You can provide feedback on your experience:

Telephone: (028) 9504 8000 (Monday-Friday: 9am-4pm)

Textphone: 18001 028 950 48000

By email: compliments@belfasttrust.hscni.net

By email: complaints@belfasttrust.hscni.net

By completing an online form:

<http://www.belfasttrust.hscni.net/contact/FeedbackForm.htm>

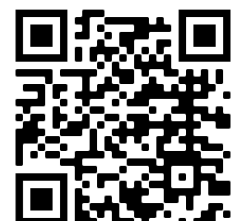


Care Opinion

We invite you to share your experience by clicking the following link:

<https://www.careopinion.org.uk/>

or by scanning the following QR code on your smartphone or tablet:



Access to Musgrave Park Hospital Imaging Department

Address: Musgrave Park Hospital, Stockman's Lane, Belfast. BT9 7JB

How to find us:

Musgrave Park Hospital is situated just off the M1 on Stockman's Lane.

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- Follow the yellow signs for Outpatients Building

Contact details: If you have any questions or concerns about coming for your Dexa scan, please contact the x-ray reception on 028 961 52272 or 028 961 52274 (Monday to Friday, 8:30am to 5pm)

You can find more information at: <http://www.belfasttrust.hscni.net/hospitals>

The Royal Osteoporosis Society provides information about all aspects of osteoporosis. Their address is:

Manor Farm, Skinners Hill, Camerton, Bath, BA2 0PJ. Website: www.theros.org.uk

Language and accessible support services

Deaf/Hard of Hearing

If a Sign Language interpreter is required, please either telephone **028 9615 8900** via the Sign Video remote interpreting service (<https://signvideo.co.uk/deaf-community/>) or email us at MPHAdminFOH@belfasttrust.hscni.net and we will arrange one for your appointment. Please have your H&C number ready when calling or include it in your email. This can be found at the top right corner of any Health and Social Care letters you may have received.

If you are unable to hear on the phone and need to contact us with regards to your appointment you can email us at MPHAdminFOH@belfasttrust.hscni.net

Do you need this information in another format or language?

The Trust has access to interpreting and translation services. If you need this information in another language or format, including Braille, large print, CD, audio tape please contact the telephone number **028 9615 8900** or e-mail address MPHAdminFOH@belfasttrust.hscni.net and we will do our best to meet your needs.

Polish - Czy potrzebujesz tych informacji w innym formacie lub języku?

Fundusz ma dostęp do usług w zakresie tłumaczeń ustnych i pisemnych. Jeśli potrzebujesz tych informacji w innym języku lub formacie, w tym w piśmie Braille'a, dużym druku, na płycie CD, kasecie magnetofonowej, skontaktuj się z nami pod numerem telefonu lub adresem e-mail (**028 9615 8900**) / MPHAdminFOH@belfasttrust.hscni.net a my dołożymy wszelkich starań, aby spełnić Twoje potrzeby.

هل تحتاج هذه المعلومات بصيغة أو بلغة أخرى؟ **Arabic**

تستطيع الجمعية توفير خدمات الترجمة الفورية والتحريرية. إذا احتجت هذه المعلومات بلغة أو بصيغة أخرى، بما فيها صيغة أو في شريط مسموع، يُرجى الاتصال برقم التليفون أو عبر CD أو صيغة بالأحرف الكبيرة، أو في سي دي Braille برايل البريد

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الإلكتروني }، وسوف نبذل قصارى جهدنا في تلبية احتياجاتك

028 9615 8900 / MPHAdminFOH@belfasttrust.hscni.net

Lithuanian - Ar jums reikia šios informacijos kitu formatu ar kalba?

Tarnyba gali suteikti vertimo žodžiu ir raštu paslaugas. Jei reikia šios informacijos kita kalba ar formatu, įskaitant Brailio raštą, didelį šriftą, kompaktinį diską, garso įrašą, skambinkite telefonu arba susisiekite el. paštu (**028 9615 8900**) / MPHAdminFOH@belfasttrust.hscni.net ir mes padarysime viską, kad patenkintume jūsų poreikius.

Romanian - Aveți nevoie de aceste informații într-un alt format sau altă limbă?

Trustul are acces la servicii de interpretariat și traducere. Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un alt format, inclusiv Braille, tipărire cu caractere de mari dimensiuni, CD, înregistrare audio, atunci vă rugăm să ne contactați la numărul de telefon sau la adresa de e-mail MPHAdminFOH@belfasttrust.hscni.net / **028 9615 8900**, iar noi vom face tot posibilul pentru satisfacerea necesităților dumneavoastră.

Tetum - Ita presiza atu informasaun ida ne'e iha formatu ka lian seluk ka lae?

Fidusiáriu ida ne'e iha asesu ba servisu durubasa no tradusaun. Se Ita presiza informasaun ida ne'e iha lian ka formatu seluk, inklui letra Braille, letra boot, CD, kasete audio, entaun favór telefone númeru ka enderesu e-mail MPHAdminFOH@belfasttrust.hscni.net / **028 9615 8900** no ami sei halo esforsu tomak atu kumpre Ita-nia nesesidade sira.