

# Dexa scan

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Through this leaflet, Mitrallis Diagnostic Center would like to inform you about a DEXA scan. We recommend that you read this information carefully.

Your doctor has referred you to Mitrallis Diagnostic Center for a Dexa scan.

## The purpose of the study

A DEXA scan is used to measure the presence of osteoporosis. Due to the use of medicines or hereditary factors, the amount of calcium in your bones may be different from the average amount associated with your age and gender. If there is osteoporosis, the bones become "brittle." This increases the risk of broken bones or a collapsed spine.

## What is a Dexa scan?

A DEXA scan is an examination that measures the amount of calcium in your bones. The amount of calcium measured is compared with average values for your age and gender.

## Preparation

Before the examination, you may eat and drink normally. If you use medication, you may take it as usual. It is not possible to have the examination if you have had an X-ray examination of the stomach or intestines where a contrast medium was administered a few days before. In this case, please contact Mitrallis Diagnostic Center by phone for further consultation.

The pants/skirt and bra need to be removed for the examination. A T-shirt/top without metal, underwear, and socks may be kept on during the examination.

## Important

If the possibility exists that you may be pregnant, please contact the physician who referred you for further consultation.

If it is not clear whether the woman is pregnant, the examination is postponed until it is certain. Is postponement irresponsible? Then the woman will be treated as if she were pregnant. The radiologist consults with the doctor in charge.

## The study

Standard measurements are taken of the lower back vertebrae and the left hip. During the examination, you lie on your back on an examination table;

You are not lying in a tunnel. A scanner arm connected to a computer moves back and forth above the area to be measured and emits a minimal amount of X-rays. It is important that you do not move during a measurement. Each measurement takes about 2 to 3 minutes. The total examination takes about 15 minutes and is not painful.

## Results

Within 24 hours after the examination, the radiologist reviews the images and makes a report. This report is forwarded to the applicant (often your general practitioner) with whom you will make an appointment to discuss the results yourself.

## Questions?

If you have any questions after reading this information, please ask your treating physician or the X-ray technician(s).

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By phone, please contact:  
Mitrallis Diagnostisch Centrum, tel. no. 045 8 200 100.

