

Dexa Scan

Through this leaflet, Mitralis 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 Mitralis Diagnostic Center for a Dexa scan.

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.

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.

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 Mitralis 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

A standard measurement is taken of the lower lumbar vertebrae and the left hip. If necessary, an additional measurement is taken of the wrist or of all spinal vertebrae.

During the examination, you lie on your back on an examination table. You do not lie in a tunnel. It is important that you remain still. The scanner arm moves above the area being measured and emits a minimal amount of X-rays. This scanner arm is connected to a computer.

Each measurement takes about 2 to 3 minutes. The entire examination takes approximately 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).

You can call us on **045 – 8 200 100**
to make an appointment (Mon-Fri from 8AM to 5PM)

