

## **DXA (Metabolic Unit)**

### **Services**

The Trust DXA service is open from 8.30am to 5pm, Monday – Friday. The DXA service is located in the Metabolic Unit, on the main access road into the Trust site. Contact us on: 020 8909 5476

### **Referrals**

The Trust accepts referrals for DXA scanning from GPs, RNOH Trust referrers and from private consultants.

Please use [this referral form](#) for all referrals to us if you are a GP or any other external referrer wishing us to conduct a DXA scan for your patient.

All referrals should ideally be faxed to us on the day of the referral to avoid delays in providing the required imaging. FAX: 020 8909 5721 If you choose not to fax the referral to us, please send it to us in the post, without any delay, to the address shown below.;

*DXA scanning, Metabolic Unit  
RNOH Trust  
Brockley Hill  
Stanmore  
HA7 4LP*

### **Having the Scan**



Access into the Metabolic Unit is via a ramp down

from the main road to the main entrance doors. If any assistance is required accessing the unit, then please call us for advice.

Once inside the unit, please take a seat in the first seating / waiting area. There is no reception in the unit, but a member of staff shall be attend you as soon as they are able to.

You will be required to lie down onto the table to have your scan. If you require the use of a hoist to mobilise, please contact us in advance so that we can be best prepared, at the time of your appointment.

## **How is the scan performed?**

On the day of the scan the patient's height and weight are measured and a brief clinical history will be taken. The patient will be asked to lie in the scanning table and an X-ray arm passes over them during the scan. DXA scans are most typically performed for the bones in the lower spine and hip, as these are the areas at most risk of osteoporotic fractures.

## **What is a DXA Scan?**

DXA (Dual Energy X-Ray Absorptiometry) scanning measures the density or the strength of the bones. It is regarded as the 'gold standard' for the measurement of bone density and is the most commonly used diagnostic technique for osteoporosis.

## **Why do we scan?**

This is currently the most reliable means of assessing the strength of the bones and is recommended for people who are at risk of osteoporosis.

## **What the patient needs to do for the test?**

There is no preparation needed for the scan. Generally, clothing does not need to be removed but clothes with metal objects should be avoided.

## **How much radiation is used?**

The radiation received from this test is very low (the lowest used for any type of medical imaging, in fact). For all female patients of child bearing age, we still prefer to perform DXA scans within 28 days of your last period starting.

**Metabolic Consultant:** Dr Richard Keen

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