



BON SECOURS HOSPITAL
TRALEE

Advanced Medicine Exceptional Care

What is a DEXA Scan?

The DEXA (dual energy X-ray absorptiometry) scan is a painless and quick X-Ray scan, which is the most accurate means of directly measuring bone density.

Your scan is simple and quick, taking no longer than 10-15mins with the dose of radiation delivered being extremely low.

You will be required to lie down, fully clothed, with the arm of the X-Ray machine passing over the body while measuring the density of your bones, predominantly those in your hips and lumbar spine.

Recommendations suggest a repeat scan every 2 years, using the same machine.

When you are brought in for your scan, your technician will measure your height and weight and you will be asked to lie flat on a padded examination table and will remain fully clothed.

You will be asked to lie completely still, while the arm of the X-Ray scanner passes over your body with your hips and lower spine being most frequently scanned.

The whole test itself should take no longer than 10-15mins.

Prior to your scan, please inform your technician if you are or are likely to be pregnant.

Please also inform your technician if you have a metal implant in an area that may be scanned or if you have had any fractures in the past. You should also alert the technician if this is not your first scan, to allow your results to be compared.