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Bone Densitometry (DXA)

Dear patients,

Please find following the most important informations concerning the bone density scanning:

Before scanning/preparations

- Please make sure you have your health insurance card and medication list with you.
- Medical history of risk factors for osteoporosis will be asked by our health care practioner.
- Measurement of your current height and weight.
- Clothing with metal parts (zipper, metal buttons, bra fastener) as well as any navel piercings need to be removed for the examination. Light clothing and trousers/skirts without zipper and metal buttons do not have to be removed for the measurement.
- Metal objects in trouser pockets (coins, keys, pocket knives, etc.) must be removed before scanning.

Devolution of bone density scanning

- The measurement takes about 15-25 minutes and is painless. The device is open and visible from all sides. A narrow scanner runs over your body at a distance of about 20 cm. During the measurement it is important to lie very still.
- Depending on your referral, you will learn your results immediately afterwards in a consultation from one of our rheumatologists or some time later from your family doctor/ referring physician.

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