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Dasman Diabetes Institute



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Center

مؤسسة الملك سعود التخصصي
Specialized Hospital for King Abdul Aziz City for Specialized and Curative Care

ALL YOU NEED TO KNOW FOR YOUR DEXA SCAN

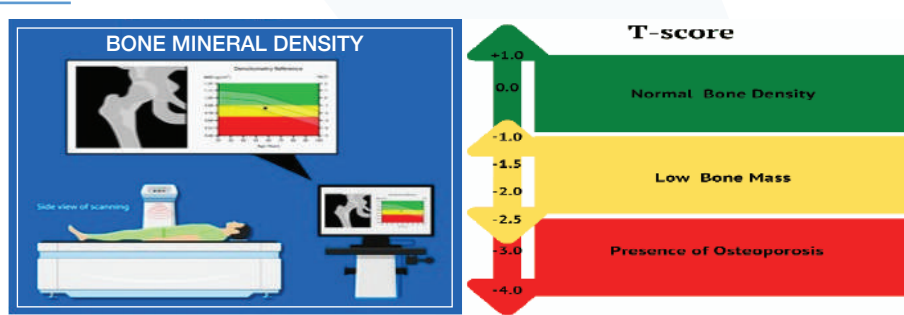


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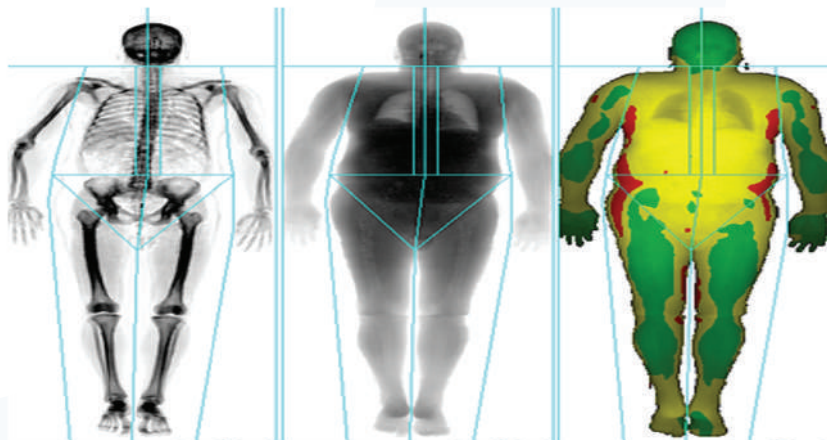
? WHAT IS DEXA SCAN?

DEXA scan is a procedure which is non-invasive and uses a very small amount of radiation to measure:

- 01) Bone density to assess osteoporosis – a condition where the bones become weak and brittle and are prone to fractures. (Fig.1)
- 02) Total body composition (density, body fat, muscle mass and total fat tissue percentage). (Fig.2)



BMD FIG. 1



TOTAL BODY COMPOSITION FIG. 2

WHAT TO BRING ON THE DAY OF THE EXAM



Request form



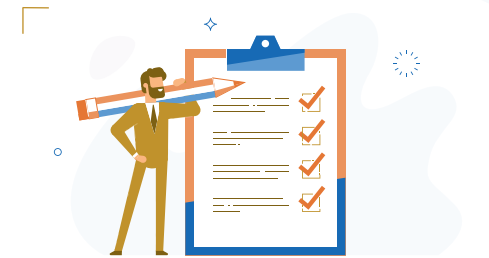
Civil ID



Insurance card



Any previous BMD reports for tests you may have undergone elsewhere, for comparison purposes



PREPERATION

At the time of your appointment, you will be given instructions specific to your test. Please follow them carefully in order to obtain a good study.



Here are some expected guidelines for common DEXA scan studies:

Wearing comfortable and loose clothes that do not have any metallic object (zipper, clasps or snaps) over the lower abdomen and hips will facilitate your test.

PLEASE DO NOT WEAR THE FOLLOWING:

HEARING AID



DENTURES

WATCHES,
EYEGASSES



HAIR WIGS,
HAIRPIECES

EARRINGS,
RINGS,
BRACELETS



COINS, KEYS,
PENS

NAVEL
& BELLY
PIERCING



01 BMD



You will be asked to stop calcium, Vitamin D, iron, or any drugs for Osteoporosis for 48 hours before your appointment to prevent procedure from being cancelled.



You should not have received any form of contrast or dye within 15 days prior to your appointment. Also, inform the technologist if you had any recent nuclear medicine tests.

02 TOTAL BODY COMPOSITION



There is no need to stop any of your medication for this exam.



Wearing comfortable and loose clothes that do not have any metallic object (zipper, clasps, or snaps) and bracelets, earrings, feet bangles.


ON THE DAY OF APPOINTMENT

- Please arrive at the Diagnostic Imaging Reception at least 30 minutes before your test. This allows plenty of time for the registration process.
- Failing to attend within 20 minutes of the given appointment time will unfortunately lead to its cancellation.
- Parent or guardian of patient younger than 16 years of age must accompany the patient.
- Kindly inform the receptionist if you have any metallic implant or if there is a suspicion of pregnancy.
- Brief interview with the technologist will go through a form which includes what medications you are currently taking and medical history, prior to beginning the test.
- You will be asked to change into a gown, if necessary, before your exam. You will have to remove all plastic and metal objects from the lower back and hip area. If forearm is scanned, you will be asked to remove watches, bracelets, etc.
- You will be asked to lie down on a padded table as the arm of the scanner passes over you to acquire the images. The areas scanned may include the lower back, your hips or your forearm or total body.
- The technologist will position you appropriately for each part of the test. You will be asked to lie still for the duration of the scan while images are being acquired.
- In total body composition, you will lie supine and will be asked to be stable without moving arms and legs for 7 to 13 min, as it will affect in image quality.
- Generally, examinations take about 20 to 30 minutes to complete.

HEALTH AND SAFETY

- The risk for most imaging procedures is relatively low and with no adverse effects.
- The benefit of getting an accurate diagnosis for proper treatment by your doctor outweighs the risk of the minimal radiation exposure.
- Imaging is done only when there is a clear medical benefit.
- For women who are likely to be pregnant, it is very important to tell your doctor before getting DEXA scan. Depending on the medical need, the DEXA scan will be done right away or postponed to a later day. In general, for all women in reproductive age group, the 'ten-day rule' is followed. This means that whenever possible, it is safer to get your X-ray done within the first ten days of the onset of menstruation.
- The categorized chart below gives us a general idea about the amount of exposure for DEXA scan.



BMD		
Type of radiological procedure	Approximate effective radiation dose	Comparable to natural background radiation for:
EXTREMITY (HAND, FOOT, ETC.) 	0.001 mSv	3 hours

✓ AFTER YOUR EXAM

On completion of your BMD test, you may proceed to the radiology Technologist for information about the pickup of your report.

You may resume regular activities and taking all your medications as indicated by your doctor.

The BMD test will be reported by the supervising Radiologist.

★ OUR IMPORTANT FEATURES

If you know that you will not be able to make it to your appointment, please let us know as soon as possible. This will enable us to free the appointment slot for other patients and help us to manage our patient flow more efficiently.



ALL MAJOR INSURANCE CARDS INCLUDING AFYA ARE ACCEPTED



ACCREDITED BY ACCREDITATION CANADA AT DIAMOND LEVEL

Provides the best, modern and continuously updated clinical radiological services in a very safe environment



PARKING FACILITY

Excellent and vast basement parking in two levels is available in the same building



WORKING HOURS

7:30 AM to 3:00 PM, Sunday to Thursday



LOCATION

Gulf road intersecting Jassim Al Bahar St, Sharq, Block 3, P.O. Box 1180, Dasman 15462, Kuwait



FOR ANY INQUIRIES OR CANCELLATIONS



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WEBSITE

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Aman Takaful Insurance Company

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AXA PPP International

Bahrain Kuwait Insurance Company

Boubyan Takaful Insurance Company

Enaya Insurance Company

Ghazal Insurance Company

Gulf Insurance Group (Takaful Unit)

Gulf Insurance & Reinsurance Company

Gulf Takaful Insurance Company

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Libano-Suisse Insurance Company

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