

IMAGING

# Body Composition Scan

Preparing you for your admission, making you comfortable and cared for during your stay, and supporting you when you leave



KING EDWARD VII's  
HOSPITAL

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***This leaflet aims to answer some of the questions you may have about having a body composition scan. If you have any further questions please speak to your consultant or the imaging department.***

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### **What is a body composition scan?**

A body composition scan provides information about your bone density, body fat, and muscle mass. It is a helpful indicator for individual health and potential risks.

A body composition scan is a type of DEXA scan (Dual Energy X-ray Absorptiometry) which uses a very low dose of radiation.

### **Are there any risks?**

A body composition scan is considered very safe for patients of any age. The radiation is so low that the radiographer does not leave the room during the scan. The dose is about equivalent to a 1 hour flight, or comparable to being in the sun for 2-3 hours.

You will need to let the imaging team know if you think you may be pregnant.

### **Asking for your consent**

The clinical team will ask you if you are happy for the scan to go ahead (verbal consent). If you do not wish to have this scan or are undecided, please tell the clinical team. It is your decision and you can change your mind at any time. Please remember that you can ask the clinical team any questions you have at any time.

### **What happens during the scan?**

Your radiographer will collect you from the waiting room to take you through to your scan where they will confirm your details. You may be asked to change into a gown. They will confirm your details with you such as your name some details with you, such as your name and date of birth.

You will then be asked to lie on the DEXA table.

When the scan is operating the receiver arm will sweep over your body from head to toe, and will gradually build a picture of you. It is important to keep very still during the scan to ensure the best quality image. This is not painful.

### **How long will the scan take?**

The whole scan should take less than 10 minutes.

### **How to prepare for the scan**

Please ensure you have at least 30 minutes set aside for your appointment. If you have been given a referral for your scan please bring this with you to your appointment.

### **What do I need to wear?**

For the scan you will be asked to remove any jewellery/metal objects

and you may be asked to change into a gown. If you can please avoid wearing clothes with zips, metal buttons or clothes made of thick material and wear clothes that are easy to remove.

### **When will I get the results?**

The results will be sent to your referring doctor within 48 hours.

### **Can I bring a relative or friend?**

You may bring a relative or friend with you in the waiting room, but they will usually not be able to go into the examination room.

### **Can I bring my children?**

We do not have childcare facilities and children cannot go into the scan room with you. If you need to bring your children with you, please bring an adult who can look after them while you are having the examination. Without a supervising adult your scan will need to be rebooked.

### **Contact us**

Please contact the Imaging team about any general concerns on 0207 467 4317. However, if you experience any symptoms of concern please contact your GP or go to your local Emergency Department (A&E).

### **Your comments and concerns**

If you have any questions or concerns about your medicines, please speak to the staff caring for you. For support or advice please speak to your consultant or the Imaging department on 0207 467 4317.

### **Language and accessible support services**

If you need an interpreter or information about your care in a different language or format, please get in touch.



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