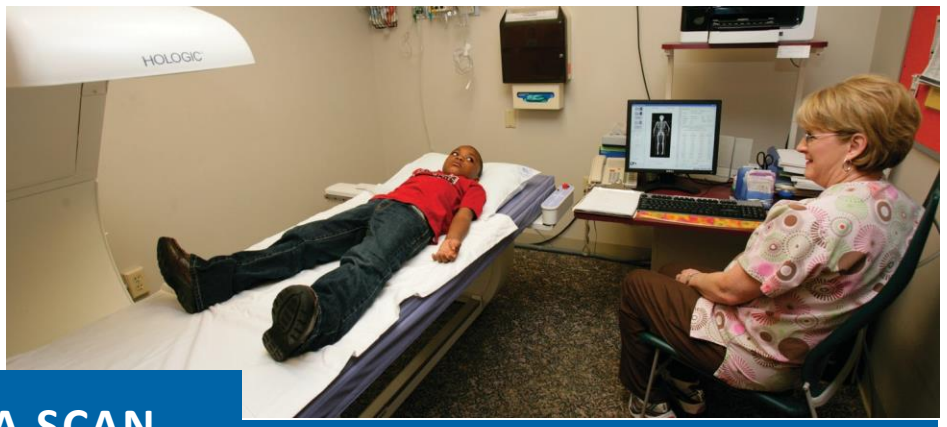




HOSPITALS • RESEARCH • FOUNDATION



BONE DENSITY OR DEXA SCAN

What is a Bone Density or DEXA Scan?

A bone density scan, sometimes called a DEXA scan, uses a special camera to measure the strength of your child's bones.

Can my child eat before the test?

- Most children can eat before the test, but no large meals prior to the study.
- A few children have to be put to sleep (sedated) for the test. If your child is going to be sedated, someone will contact you with instructions about not feeding your child.
- We will contact you if there are any other special instructions you need to know prior to having the study.

How are the pictures taken?

- Radiology staff will bring your child and you into the exam room and may have them change into a hospital gown.
- When it is time for the test, your child will lie down on a special table. The camera is over the table and comes close to, but does not touch your child.
- Your child needs to lie very still for the test. Sometimes a special sponge is used to help hold your child's body in the correct position for the pictures.
- The test should take about 30 minutes to complete, but may take longer based on special needs.

Who performs the test?

A radiologic technologist, a person licensed and trained to take these special pictures, will perform the test.

When do I get the results?

- A pediatric radiologist is a doctor specially trained in children's x-rays, will review the pictures and send a report to your child's doctor.
- Results will also be available in MyChart within 72 hours. Please see our front desk to sign up for MyChart.

Are there any risks?

- At Arkansas Children's we take many steps to order to lower the radiation dose to your child.
- Radiation in general is a risk; however the amount of radiation used is the smallest amount possible to get the best pictures.
- If your child receives sedation, the risks will be discussed with you before the exam and you will be asked to give permission (sign consent).

What happens after the test?

- The technologist will give you any special instructions and let you know when you can leave.
- After the test, your child may eat as usual unless your child's doctor tells you not to give them anything, or he/she is scheduled for another test in which they should not eat.

NOTE: You may stay with your child during the test. Pregnant mothers are allowed in the exam room as long as they are 6 ft. from the scanner. Brothers and sisters are not allowed in the exam room.

Because the radiation from this test could possibly harm an unborn child, female patients age 10 and above will be required to take a pregnancy questionnaire or test before the exam can be performed.



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BONE DENSITY OR DEXA SCAN

PREPARING MY CHILD

We will call you with any special instructions prior to the study.

Infants

Although you cannot explain the test to your baby, you can help them feel more secure during the test if you:

- Bring a special blanket, toy or pacifier.
- Comfort them with your presence and voice.
- Bring along a bottle of juice, formula or breast milk to feed them after the test is done.

Toddlers and children

Young children can become anxious about having a test done, so the best time to talk with your child is right before the test.

- On the day of the test, tell your child that they will be having some “pictures” taken, so that the doctor can help them feel better.
- Use simple words and be honest.
- When you come to the hospital, bring a favorite book, toy or blanket.
- You may bring a snack for after the test.

Photographs/Videos

The privacy of our patients and staff is important to us. No photographs or videos are allowed. Please turn off your cell phone before entering the x-ray exam room. Thank you for respecting the privacy of others.



PATIENT NAME: _____

APPOINTMENT DATE: _____ TIME: _____

PATIENT PREPARATION/SPECIAL INSTRUCTIONS: _____

Radiology Department at Arkansas Children's Hospital
(501) 364-1180 • Monday - Friday, 7:30 a.m. - 4 p.m.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away. This is general information and is not specific medical advice for your child. Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child.