



The Lister Hospital is situated in Chelsea on the north side of the River Thames. It is within easy access of Sloane Square and Victoria stations with good rail and road links to London's main airports.

By car: Please be aware that local parking facilities are limited and we advise visitors to use the public car parks as shown on the map.

By tube: The nearest Underground stations are Sloane Square (10 minutes' walk) and Victoria.

By bus: Bus numbers 44, 137, 360 and 452 stop outside the hospital.

By train: The nearest mainline station is Victoria. It is about a 15-minute walk from the hospital and has good connections to the underground system.

Name: _____

Hospital number: _____

Appointment date: _____

Arrival time: _____

Scan time: _____



Notes for patients:

Your arrival time is set to accommodate registration and allows your details to be updated on the hospital system prior to your appointment.

Before arriving you **MUST** obtain specific pre-authorization for Bone Densitometry from your insurance company. You will be asked for these details during registration. If you are paying for your scan yourself, please bring a method of payment with you to your appointment. All major credit cards are accepted, as are personal cheques up the limit of your cheque guarantee card.

Cancellation fees apply: If you're late for your appointment, your scan may need to be re-booked. A cancellation fee will be charged for late arrivals or cancellations where less than 24 hours' notice is given.

Please note: we do not have childcare facilities at The Lister Hospital.

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HCA - London's No.1 private hospital group

Bone Densitometry



Bone Densitometry Department,
The Lister Hospital t: 020 7730 3759



What is bone densitometry scanning?

Bone densitometry scans measure the density and strength of your bones. The gradual loss of bone density with age (osteoporosis) weakens bones and often leads to fractures. The disease may develop as a result of genetic predisposition, illness, drugs or diet. A bone densitometry scan can determine if patients have osteoporosis or if they are at risk of developing the disease.

Why measure bone density?

In order to understand the role of bone mineral density scanning, it is important to know a little about how osteoporosis occurs. Bone is constantly being "remodelled" - a natural, healthy continuous uptake of old bone (resorption) followed by the deposit of new bone.

In osteoporosis more bone is taken up than is laid down. The result is a thinning of the bone with an accompanying loss in bone strength and a greater risk of fracture. A thinning bone results in a lower bone density or bone mass.

How does a bone densitometry scan work?

You will be asked to lie down on an examining table. Two low dose x-rays measure your bone density. This technique uses a very low radiation dose similar to a background radiation or one-tenth of an x-ray.

What do I need to do before the bone densitometry scan?

You don't need to prepare specifically for the scan, although you'll have plenty of time to ask questions and clarify any queries beforehand.

What should I bring with me?

Please bring:

- Previous imaging tests and results relating to your condition, if applicable
- The request form or letter from your doctor, if you were given one
- Information regarding any other medication that you're taking.

What happens during the bone densitometry scan?

This scan will take 10 minutes and is quick, simple and non-invasive. It involves lying on an x-ray table whilst a scan of your lower spine and hip is obtained: these are the two main areas at risk from osteoporotic fractures. The scan then produces an image of your bone density, which is then compared to a reference chart.

Who does the scan?

The scan is performed by a radiographer and your results are reported by a Consultant Radiologist.

What happens after the scan?

The results and image of your bone density will be sent to your referring clinician within 48 hours. If required, we may be able to provide urgent results sooner. There are no restrictions on your normal activity - you can eat and drink normally, drive and return to work immediately after the scan.

Rearranging an appointment

If you need to rearrange or cancel an existing appointment, call the Imaging team on **020 7730 3759**.

Any other questions?

If you have any other questions about your scan, just contact a radiographer on **020 7730 3759**.