

DEXA Body Composition Analysis

Patient preparation leaflet

Please read before your appointment

This leaflet explains how to prepare for your DEXA Body Composition Analysis scan and what to expect on the day. Please contact us before attending if you may be pregnant, have had recent contrast/barium or nuclear medicine imaging within the last 14 days, or have any mobility or accessibility needs.

What is DEXA Body Composition Analysis?

DEXA is a quick, non-invasive scan that uses a very low dose of X-rays to estimate body composition measures such as body fat, lean mass, fat mass, regional distribution, android/gynoid ratio and visceral adipose tissue where available. Your scan must be clinically justified and requested by an appropriate referrer before it can proceed.

Before your appointment

Please do	Why this matters
Wear light, comfortable clothing without metal zips, buckles, heavy buttons or underwired or tight under garments where possible	Metal can affect the scan analysis. A gown and changing area will be available if needed.
Remove jewellery, watches, piercings, belts, phones, keys and other removable metal objects before the scan.	This reduces artefact and helps the operator obtain a technically valid scan.
Let us know if you are pregnant, possibly pregnant, breastfeeding, or unsure about pregnancy status.	The team must check pregnancy status before exposure and may need to defer the scan.
Tell us if you have recently had nuclear medicine/radioisotope imaging, CT contrast, barium or other imaging in the last 14 days that may affect results.	Recent contrast or retained activity can affect scan quality and may require the appointment to be deferred. Residual barium in the gastrointestinal tract alters X-ray attenuation and causes inaccurate body composition or bone density results.
If you are having repeat scans for monitoring, try to attend under similar conditions each time, for example similar time of day and food/fluid pattern.	Consistent conditions support more reliable comparison between scans.
Avoid strenuous exercise 24 hours before the scan if you are being monitored over time and standardised preparation has been requested.	Recent exercise can alter short-term body composition conditions and affect comparison.
Use the toilet before your scan where possible.	This supports consistent preparation and comfort during the scan.

Please contact us before attending if...

- You are pregnant, may be pregnant, or are unable to exclude pregnancy where relevant.
- You have had recent nuclear medicine/radioisotope imaging, CT contrast, barium or other imaging that may affect the scan results within the last 14 days.
- You have large metal implants, internal or external metalwork, or anything that may affect the body area being scanned.
- You may not be able to lie flat, lie still, transfer safely onto the scanner table, or remain comfortable during the scan.
- You need reasonable adjustments, a chaperone, language support, mobility assistance, or additional privacy arrangements.

On the day of your scan

- Please arrive in time to complete check in, safety and pregnancy-status checks where applicable.
- The operator will explain the procedure, confirm your agreement to proceed and give you an opportunity to ask questions.
- You may be asked to change into a gown or remove items that could interfere with the scan.
- Your height and weight may be measured and entered into the scanner system for analysis.
- You will be required to lie on your back on the scanner table. The scan is open, not enclosed, and you should keep still and breathe normally while the scan is performed.

After your scan

- You can usually return to normal activities straight away unless your referrer has advised otherwise.
- Your images and results will be reviewed according to the local reporting pathway.
- The report will be issued to your referrer, who is responsible for reviewing the findings with you and advising you on any next steps.
- If an unexpected finding is identified, the clinical team will follow the local escalation pathway and may recommend further review which will be discussed with your referring clinician.

Important safety and service information

Controlled clinical service

DEXA Body Composition Analysis is not offered as an unrestricted wellness, curiosity, cosmetic or self-referral fitness scan. Each examination must have a clear purpose and be justified before exposure.

Radiation information

The scan uses a very low dose of ionising radiation. The operator will explain the benefits, limitations and radiation risk in understandable terms before scanning.

Contact details

Oryon Imaging, Lower Ground Floor, Lister House, 11-12 Wimpole Street, London W1G 9ST | T: 020 7042 1888 | E: imaging@oryon.co.uk | W: oryon.co.uk

If you have questions about your appointment or preparation, please contact the booking team before attending.