

BONE MINERAL DENSITOMETRY



Preparation Information Sheet

BONE MINERAL DENSITOMETRY

What is it:

Estimation of the bone density in your spine and hip, and sometimes other bones such as the wrist.

What you must tell us beforehand:

Please inform booking staff or the radiographer of any recent imaging appointments involving barium, the injection of contrast material for a CT scan or a radioisotope injection.

Preparation:

No specific preparation is necessary for this test. Loose comfortable clothing is suggested, avoiding zippers, buckles and metal buttons if possible.

What happens:

A Bone Mineral Densitometry examination is a comfortable, easy test that does not require an injection. You change into a gown. You will be asked to lie on your back in two different positions to allow measurement of the lower spine and one of the hips. The technique used in the test uses a very small amount of radiation, so please inform staff if there is any possibility of pregnancy. A radiographer will remain in the room for the entire examination.

How long does it take:

15- 30 minutes.

Your report:

After your examination a report will be given to you, or sent directly back to your referring doctor by fax or email. We will store digital copies of all studies on our secure database for comparison with any future examinations.

Please bring any previous x-rays with you for comparison.

It is important that you return to your doctor with your examination results. Whether they are normal or abnormal, your doctor needs to know promptly so that a management plan can be formulated.