

# Bone Mineral Densitometry



## Patient Information

### What is bone mineral densitometry?

Commonly known as BMD, this procedure uses a special machine to scan the lower spine and hips (and sometimes other areas such as the wrist) to determine bone density. It is most commonly used in the diagnosis of osteoporosis and similar conditions.

### What preparation is required?

No specific preparations are required. However, loose fitting, comfortable clothing is very much recommended. Metal attachments such as buttons, buckles, zips and studs are best avoided.

### What documentation is required?

Bring your referral and any previous Bone Mineral Densitometry studies for comparison purposes.

Also bring your Medicare card, Pension or Healthcare card or Veteran's Affairs card details if applicable.

### What you need to tell us prior to your appointment?

Importantly, the examination should not be performed within 72 hours following a CT or Nuclear Medicine Bone Scan, or within one week following a Barium Enema, Barium Meal or Small Bowel Barium Follow-through.

Please advise us if you are pregnant.

### What will happen during the procedure?

A Bone Mineral Densitometry examination is comfortable and simple. You will be asked to change into a gown, and asked to lie down on a table on your back in two different positions. A narrow "arm" will pass over you, and the procedure uses only a very small amount of radiation.

### How long will the examination take?

The examination is simple and brief, and will take approximately 15 minutes.

### What can you expect after your examination?

There should be no ill effects after the examination.

### Are there any risks?

The bone mineral densitometry examination uses only a very small amount of radiation, which is kept to an absolute minimum. The benefits of detecting osteoporosis are considered to outweigh any potential risks from receiving such a small exposure.

Please advise the radiographer if you are, or think you may be, pregnant.

### What happens with the images and report?

After your examination you may be given a copy of the most pertinent images from your study.

A report will be provided directly to your referring doctor.

We will store digital copies of all studies and reports on our secure patient information system for comparisons with any future examinations.

### Your appointment details

Date \_\_\_\_\_

Time \_\_\_\_\_

Location \_\_\_\_\_



Chatswood Radiology  
Clarence Valley Imaging  
North Coast Radiology  
Ryde Radiology