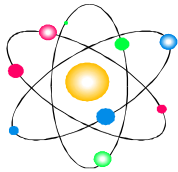


Bone Mineral Density (BMD) Scanning



UHN

Information for Patients



How Nuclear Medicine Works

During the bone density scan, a small X-ray beam passes through you and measures the density of your bones. This number, together with a graph will show how you compare to others of your age and sex.

The amount of radiation you are exposed to is extremely small, about equal to 1/10th of a chest x-ray.

What is a bone mineral density scan?

BMD scanning is usually done to diagnose osteoporosis, which is a loss of calcium in the bones, causing them to become thinner, more fragile and likely to break. It is also used to follow the effects of treatment for osteoporosis and other conditions that cause bone loss. The BMD test can also check your risk of having fractures.

What is the test like?

- Before you start the test, you will be asked to fill out a short history form.
- The technologist will take you in to the BMD room and take your height and weight.
- After making sure that all metal in the area has been removed, the technologist will have you lie down on a bed.
- The bone density machine will be placed over your spine. You will be asked to bend your knees and place your legs up on a foam block. This first image of your lower back will take about one minute.

This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

© 2008 University Health Network. All rights reserved.

Author: JDMI Nuclear Medicine

Created: 04/2006

Form: D-5316 (10/2008)



- You must lie very still.
- This will then be repeated over your left hip. You will be asked to place both feet in a holder with your toes pointing inwards. This picture will take a minute as well.

What happens after the test?

There are no known side effects from the test. You can go back to your normal activities once the examination is over. The report will be sent to your doctor.

Preparation

- You do not need to prepare for this test.
- You do not have to stop eating or drinking to do for this exam.
- We suggest you wear loose, comfortable clothing that does not have any zippers, belts or metal buttons.
- Please bring a list of your current medications in order to fill out the form properly.
- Tell the technologist if you have recently had a barium exam or have been injected with contrast material for a CT or MRI procedure, or had a test done in the nuclear medicine department. You may have to wait up to 2 weeks before having the bone density test after one of these other procedures.

For female patients

If there is any chance that you are pregnant, tell the technologist **before** starting the exam. There is no need to stop breastfeeding for this test.

Your bone density scan has been scheduled on _____
at _____.

On the day of your appointment, please bring your:

1. Ontario Health Card
2. UHN card if you have one
3. Signed requisition from your doctor

Princess Margaret Hospital

Breast Imaging Reception
 3rd floor, Room 935
 (416) 946-2988

If you need to cancel or reschedule your bone density appointment, please contact us at least **2 days before your appointment date.**

