



200 Fletcher Crescent
Alliston, Ontario L9R 1W7
Diagnostic Imaging Bone Mineral Densitometry (BMD)
Tel: 705-435-6281 Ext. 1298

Bone Mineral Densitometry (BMD) Patient Information Sheet

Bone Mineral Densitometry (BMD) testing...

Is requested:

- to establish a baseline for BMD
- to detect low bone density before a fracture occurs
- to confirm a diagnosis of osteoporosis
- to monitor the effects of treatment over time

Is safe and easy

A BMD test is simple, safe, non-invasive (no needles), and painless - you do not even need to undress in most cases.

Some common questions:

Is a BMD test the same as a Bone Scan?

No. A Bone Scan - which may help identify certain bone abnormalities such as infection, inflammation, and cancer, requires an injection of radioactive material. A BMD test requires no special preparation, medication, or injection.

How much radiation will I be exposed to?

You will be exposed to very little radiation. As with any procedure, be sure to inform your physician if you are pregnant.

The Exam

You will lie on your back with your legs resting up on a bolster while we scan your lower Spine. After we check the Spine scan, you will lie with your legs out straight and toes pointed in towards each other while we scan your Hip. We usually look at the Left Hip. Sometimes we need to scan your other Hip or Forearm.

If you have had surgery on your Back with metal rods or Hip Joint Replacement/ "pins and plate" we would not be able to scan that area.

Estimated Procedural Time: 20-30 minutes

Preparation

- **Do not take calcium or iron supplements within 24 hours before your BMD test**
- **Wear clothing without buttons, hooks, belts, zippers or metal/hard plastic decorations**
- **No Barium Tests or Nuclear Medicine Scans within the past 10 days**