



200 Fletcher Crescent
Alliston, Ontario L9R 1W7

TO BOOK AN APPOINTMENT:
Phone: 705-435-3377 ext. 1298
Fax: 705-434-5126
Please bring a copy of the requisition with you
to your appointment.

BONE MINERAL DENSITY (BMD) REQUISITION

BRING THIS REQUISITION WITH YOU

Appointment Date: (dd/mm/yy)		Appointment Time:	
Name:		Health Card #:	
Date of Birth: (dd/mm/yy)		Telephone #:	
Address:			

BELOW AREA MUST BE COMPLETED BY ORDERING PHYSICIAN

Check Applicable Box Baseline Low Risk High Risk

Mandatory ***If High Risk State Reason Here***

Other Relevant Clinical Information:

Referring Physician Name: (print)	
Referring Physician Signature:	Date: (dd/mm/yy)

Patient preparations and instructions on reverse side.



BONE MINERAL DENSITY REQUISITION (BMD) Patient Preparations

Patient Preparations:

- Do not take calcium supplement within 24 hours before the test
- Wear clothing without metal buttons, belts or zippers
- No barium or nuclear tests in the week before the test

ABOUT BONE MINERAL DENSITOMETRY (BMD) TESTING

Why Bone Mineral Densitometry testing?

- 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.

BMD Testing is safe and easy

A BMD test is simple, safe, non-invasive, and painless – you don't even need to undress in most cases. Some common questions about BMD tests are:

Is a BMD test the same as a bone scan?

No. A bone scan – which may help identify certain bones 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.

