

## Bone Mineral Density Testing (BMD)

### Preparation

The following is recommended:

- Patients should wear loose comfortable clothes (no zippers, buttons, jewellery or metallic accessories).
- Patients should arrive 10-15 minutes early to complete paperwork
- Patients must bring their request/referral form on the day (or check that their request/referral is at the practice)
- Notify Lakes Radiology team of any allergies, existing medications and if there is a chance you could be pregnant
- Advise the imaging technologist if you have had previous spinal or hip surgery as they may need to avoid this area during the scanning process

### Procedure

- The patient will be called in by the technologist and taken to the scanning room
- The patient will be asked questions relevant to the test
- The patient weight and height will be measured to compare for future indications of bone density loss
- The patient will be positioned on a scanning table with an appropriate cushioning box placed under knees for spinal scans and a frame between the patient feet for hip scans
- A specialist bone densitometry doctor or radiologist will interpret the scan and provide a written report to your referring doctor.
- Patients are advised to contact their referring doctor for the results

### Risks or Side Effects

- Following the procedure, you may feel discomfort at the site of the biopsy. If this occurs, Paracetamol should control the discomfort.
- If you have any concerns regarding the biopsy site, please contact your local doctor for assessment