

## Bone Mineral Density Patient Information Sheet

This test takes about 30 minutes. A technologist will take between 1 and 5 scans of the bones in specific body parts. These scans will tell the doctors how strong your bones are. For this exam you may eat and drink normally.

To prepare for your bone density test:

- Please do not take calcium supplements for 24 hours before your appointment
- You must wait 7 days after having IV or oral contrast, such as for an Xray, CT scan, MRI or Nuclear Medicine procedure, before having a bone density scan.
- Please wear clothing that has no metal buttons, zippers, belts/suspenders, hooks or underwires.
- Please bring a list of all of your current medications and supplements.
- This exam can not be done on someone who is pregnant or thinks they may be pregnant.

Your Appointment had been booked for:

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