

# Patient Information

## Bone Mineral Densitometry (BMD)

### **What is Bone Mineral Densitometry?**

Bone Mineral Densitometry (BMD) is a scan which uses low energy x-rays to measure the density of your bone. It is used to diagnose osteoporosis and assess your fracture risk. It is also used to monitor your bone density which is especially useful if you are on treatment for osteoporosis. The usual regions scanned are your lower spine and hips although on occasions other areas such as the forearm may need to be scanned.

### **What preparation is required?**

There is no special preparation required for a bone mineral densitometry scan. Where possible, it is best to wear clothing with no metallic objects such as zips or metal buttons as this can affect the results of the scan. However if required, a gown will be provided before scanning. It is recommended to bring along any previous bone mineral densitometry results that you have as any changes in your bone density can be assessed by comparing to your previous results.

### **What happens during your Bone Mineral Densitometry scan?**

Before the commencement of your scan, your height, weight and some medical history will be obtained. You will be asked to lie on a scanning bed. Usually the lower spine and both hips are scanned however this may vary depending on your clinical circumstances.

### **How long will your Bone Mineral Densitometry scan take?**

The total duration of your appointment will be approximately 20 minutes however the scanning time is around 5 minutes.

### **What is the radiation dose?**

The radiation dose from a BMD scan is very low and is about one tenth of a dose from a chest x-ray.

### **How much will the Bone Mineral Densitometry scan cost?**

The cost of a bone mineral densitometry scan depends on whether you meet Medicare criteria for a rebate. Please discuss your eligibility for a rebate with your referring doctor prior to your appointment with Qscan. Our Customer Service Team will be able to advise you of all costs involved with your BMD including any out of pocket cost.

### **When can I get my results?**

The images obtained are digitally recorded. At Qscan, a subspecialty trained Radiologist interprets the images and provides a report for your doctor within 24 hours. You will be able to collect your images on the day or if your doctor accepts deliveries, our Qscan Couriers can deliver these directly. You may need to make a follow up appointment to discuss the results with your referring practitioner.

### **Where can I go for a Bone Mineral Densitometry (BMD) Scan?**

Qscan Radiology Clinics have a range of convenient clinics located throughout South-East Queensland including: Annerley, Burleigh Waters, Redcliffe and Windsor.

For further details please call one of our friendly Qscan staff on **1300 177 226** or visit us at: **[qscan.com.au](http://qscan.com.au)**