

# Bone mineral densitometry (BMD)

## What is a bone mineral densitometry scan?

A bone mineral densitometry (BMD) scan uses low-energy x-rays to measure bone density. It is used to diagnose osteoporosis and assess fracture risk and is also used to monitor bone density, which can be useful if you are being treated for osteoporosis.

## Do I need to prepare for my BMD scan?

No special preparation is required for a BMD scan. However, it is best to wear clothing with no metallic objects like zips or metal buttons, as this may affect the results of your scan. You will be provided with a gown before the scan if necessary.

If you have any previous BMD results, please bring them along to your appointment so they can be compared against your current results.

You will also be asked for your height, weight, and medical history before your scan.

## What happens during a BMD scan?

You will be asked to lie on the scanning bed before the machine scans your body. BMD scans usually include your lower spine and hips, but sometimes, other areas like the forearm may need to be scanned.

## How long will my BMD scan take?

The scanning time is around 5 minutes, but the total duration of the appointment is about 20 minutes.

## How much radiation dose of a BMD scan?

The radiation dose is very low – it is about one-tenth of the radiation dose you would get from a chest x-ray.

## How much will my BMD scan cost?

The cost of your BMD scan will depend on your eligibility for a Medicare rebate. Please discuss your eligibility for a rebate with your referring doctor before booking an appointment with Qscan. Our customer service team will be able to provide you with more specific information, including any out-of-pocket costs (if relevant).

After your BMD scan, your report and images will be sent electronically to your doctor. Reports and images will be also available electronically via the patient app and web portal after your examination.