

# Bone Mineral Densitometry

**BMDs provide information on the thickness of your bones and help in the early detection of osteoporosis.**

## What Happens?

### Patient Information

The standard test to measure your bone's density requires a very low energy X-ray beam (1/100th the strength of a chest X-ray) to pass through your hip and lower back.

Occasionally, it is necessary to do a forearm scan if there is a variation between the spine & hip scans, to ensure we obtain an accurate measurement.

For the scan, you will be positioned on the scanning bed and the scanner moves slowly above your body.



**NO!**

There is no injection.



**YES!**

Wear comfortable clothes and try to avoid zippers and buttons.



**YES!**

You may eat and drink as normal.

**Medicare will pay for this test if you have already been diagnosed with osteoporosis, have had a fracture after a slight injury or if you are at a high risk of getting osteoporosis. In these situations, Medicare will pay for 1 BMD scan every 12 - 24 months. Otherwise, there is a small charge for the test, reduced if you are a pensioner.**



### What happens for the scan?

This is the 'scanner' used to measure your bone's density.

The scanner is relatively small and remains about 30cm from your body during the scan.

**At no time will you be enclosed.**



### How long will it take?

**Approximately 20 - 40 minutes.**  
**Depending on the areas to be scanned**