

What Happens?

Patient Information

Bone Mineral Densitometry

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

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

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