Bone densitometry

PATIENT INFORMATION SHEET BMD01

Your appointment:

Date: .....

Time: .....

Location: .....

Please see our website for more clinic details.

Duration of examination

Bone densitometry examinations take approximately 20 minutes. This may vary according to the reason for the examination.

Please bring with you:

- Your request form
- Medicare and any
- Healthcare cards

Payment on the day of the examination is requested.

For more information regarding Benson Radiology please visit:

bensonradiology.com.au

What is Bone Densitometry?

Bone Mineral Densitometry (BMD) or

dual-energy x-ray absorptiometry (DXA) uses a narrow x-ray beam to assess the amount of calcium that is in your bones. It is also used to measure changes in bone density over time. The x-ray dose is extremely low.

What are the benefits of Bone Densitometry?

Bone Densitometry is primarily used to diagnose osteoporosis and to assess the response to treatment for osteoporosis.

Osteoporosis is a common condition, especially in postmenopausal women, but may also be found in men. It results in a reduction in the strength of your bones, which in turn increases the risk of fractures, particularly of the spine, hip and wrist. Your doctor will be able to discuss your results with you and determine if you have osteoporosis, or are at increased risk of developing osteoporosis.

There are medications available that can increase your bone density and reduce your risk of fracture.

Preparation needed prior to the examination

You should not take calcium or iron tablets for 24 hours before your examination. We recommend you wear comfortable clothing, which does not have zips, belts or metal buttons. You may be asked to change into a gown or to remove jewellery. Please bring any relevant previous x-ray films or bone densitometry results with you to your appointment.

What will happen during the examination?

During the examination, you will be resting comfortably on your back. An x-ray generator will be below you and a narrow detector arm will pass above your body. This usually focuses on the spine and hip regions. The procedure is painless. You may hear the machine make a slight buzzing noise as the x-rays are taken. It is important you keep as still as possible during the procedure. A radiographer will be sitting next to you checking the images, as they appear on a computer monitor.

Are there any risks?

You will receive a minimal dose of x-ray radiation. The benefits of detecting disease are believed to outweigh any potential risks from receiving such a small dose.

After the examination

The images will be reviewed and reported by our radiologist. These will then be sent to your referring clinician. For details on reporting timeframes, please speak with our reception staff. It is important that you follow up the results of your examination with your referring clinician.

Benson radiology

Experience Precision Care