

Bone Densitometry Instructions

- 1) Is there any chance you may be pregnant?
We do NOT scan any woman who is, or may be pregnant.
- 2) Patients weighing 450 pounds and over can't be scanned. Please call 848-4800 to cancel your appointment and to notify your doctor.
- 3) If you had any of the following contrast exams and/or procedures: Epidural Steroid Injection, any Nuclear Medicine exam, Barium Enema or UGI study, CT scan with oral and/or IV contrast; please schedule your Bone Density exam for a minimum of one week after the procedure.
- 4) Do not take any oral calcium supplements or bone-building medications (i.e. Fosomax) on the day before and the day of your exam. You may take your supplement and /or medication following your scan. Reclast injections will not interfere with the exam.
- 5) On the day of your appointment, prior to your scan, do not drink any milk or calcium fortified juices. This includes all non dairy milk (i.e. soy, almond). A small amount of milk in your coffee or tea is fine.
- 6) The Bone Density scan includes the area of your body from your middle chest to below your hips. Do not wear clothing with zippers, snaps, buttons or shiny/sparkly embellishments when you come in for your scan. Dress as if going to the gym. Pull-over shirts and pants with elastic waistbands are the best type of garments to wear for your test. Avoid any buttons, zippers, girdles, long line bras, blue jeans, safety pins, buckles and metal snaps when possible.
- 7) List of current medications.
- 8) **Please complete both pages of the questionnaire prior to arriving for your appointment, and bring it with you to the test. Please arrive 10-15 minutes before your scheduled appointment time.**