

### WHAT IS A BMD?

A Bone Mineral Densitometry (BMD) scan measures bone density. It is also sometimes called a DEXA scan. It is a test used commonly to detect Osteoporosis, which is a condition when bone mineral levels are lost and the risk of fracture increases. Your bone density measurement will be compared with readings from people of your age, weight, gender and ethnicity. From this comparison, the Radiologist will be able to determine your bone density level. The BMD scan uses a very low amount of radiation.

### IS ANY PREPARATION REQUIRED?

There is no preparation required before your BMD scan. However, it is very important that you do not have a BMD scan within 7 days of having any of the following tests: a Barium Meal or Enema, a Nuclear Medicine study, an IVP or CT scan. Please notify our staff if you have any metal implanted in your body, particularly in your spine or hips. It is important that you inform the Technologist if you are uncertain about your pregnancy status.

### HOW IS A BMD SCAN PERFORMED?

You will be asked to lie on an x-ray table whilst you are scanned. There are no injections required and the scan is painless. The scan will take approximately 20-30 minutes to complete.

### WHEN WILL I HAVE MY RESULTS?

A radiologist will write a report for your doctor after analysing your scans. Your doctor will have the results a few days after your scan and will be able to discuss them with you.

### WILL I BE ELIGIBLE FOR A MEDICARE REBATE?

Medicare will provide a rebate for patients with diagnosed Osteoporosis and those at risk of osteoporosis for reasons in line with the Medicare schedule. Our staff will notify you of any costs you will incur when you make your booking. In most instances Medicare will restrict their rebate to one scan per patient every 2 years.

### IT IS IMPORTANT THAT YOU BRING ANY PREVIOUS X-RAYS OR SCANS WITH YOU TO YOUR APPOINTMENT.