

# Bone Mineral Density (BMD) Scan

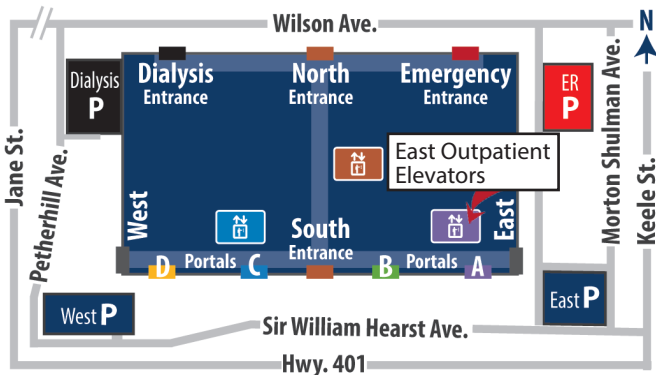
## Appointment Information



You have an appointment for a **bone mineral density scan**. Please read this handout for information on how to prepare for your test.

### Location:

Medical Imaging - Breast Health Centre  
Humber River Health  
1235 Wilson Ave., Toronto, ON M3M 0B2



Enter via Portal A or the East Entrance. Take the East Outpatient Elevators to Level 2. Follow the signs to Breast Health Centre Registration.

### Bring to the hospital:



- Your health card (OHIP). If you have a red and white OHIP card, please bring photo ID.
- All the medicines you are currently taking, including over-the-counter medicines, herbals, and supplements, in their original containers.

**Do not** bring jewelry or other valuables.

## What is a bone mineral density scan?

A **bone mineral density or BMD scan** is a test that we use to measure your bone health using x-ray technology. It is a painless, non-invasive test that uses low radiation.

## How do I prepare for the test?

### Tell your doctor if you:

- Recently had a barium exam, CT scan or radioisotope scan (nuclear medicine), where you needed to have a dye injected. You may need to wait 10 to 14 days before undergoing the test.
- Are currently taking any medicines, including prescription or over-the-counter medicines, herbals and supplements, or blood thinners.
  - Your doctor will let you know which medicines, if any, to stop taking before your test.
- Are pregnant or think you may be pregnant. We may postpone the test to reduce the risk to your fetus.
- Have a medical condition or take certain medicines that either raise or lower your risk of a fracture. This could be a condition like osteoporosis, or a medicine such as a steroid.
- Have any allergies.
  - If you have allergies, we suggest you wear your MedicAlert® bracelet on the day of your test.

### The day before your BMD scan:

- **Do not** take any calcium supplements **for at least 24 hours before your test.**

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## On the day of your test:

- You may take your medicine as your doctor advised.
- Wear loose, comfortable clothing. Do not wear clothes that have zippers, belts or buttons made of metal.

## What can I expect during the test?

This test is very quick and painless. The test should take 30 minutes.

### Before the test:

- We may ask you to remove all your clothes and change into a hospital gown.
- Remove any jewelry, dental appliances, eyeglasses, hair clips or metal objects you are wearing that may interfere with the x-ray images.

### During the test:

- We will instruct you to lie on your back, on a padded table. We will position your body and legs. You must hold very still while we are taking the pictures.

## What can I expect after the test?

- You may be able to get dressed and go home soon after you have finished your test.

## How do I care for myself at home?

### Care Instructions:

- You may resume all your regular activities.

### Results:

- Your referring doctor will receive the results of your test in about 7 to 10 days.
- You can also sign onto the patient portal, My Humber Health, at <https://myhumberhealth.ca> to view your results when ready. Please make sure we have your correct email address.

### Follow up Instructions:

- If you have any questions, please speak to your referring doctor.
- The clinic will call you if the radiologist recommends that you need other tests.