BONE DENSITY STUDY

NAME________________________________________

DATE and TIME OF EXAM_______________________________

LOCATION: □ AMC  □ GHC  □ EHC  □ NHC

INSTRUCTIONS:

The bone densitometer has the following parameters:

- Weight must be less than 300 lbs
- Height must be no taller than 6 feet 5 inches
- Abdominal thickness must be no more than 16 inches

If you don’t meet these parameters, please notify your provider.

1. Wear clothing that have no metal fasteners, zippers, or buttons from the waist down.
2. Notify the technician if you have any metal in your spine or hips.
3. Do not have this test if there is a possibility you are pregnant.
4. Do not have any radiology exams using nuclear materials or contrast agents such as bone scans, CAT scans, IVP’s, MRI’s or barium enemas for two weeks prior to study.
5. Do not take any calcium supplements, including TUMS or a multivitamin the day of your study.
6. The exam will take approximately 30 minutes.
7. If you have had a bone density study done at another facility, please make arrangements to have it sent to us.
8. Your primary care provider will have the results in approximately two weeks.

Directions to our offices are available on our website at www.vmgma.com.