

BONE DENSITY INSTRUCTION SHEET

Patient's Name:

Date of Exam:

In preparation for your bone density exam please follow these instructions to insure a successful examination.

1. Wear pants or shorts with an elastic waistband or drawstring. No metal objects (zipper, belt, under-wire bra, jewelry, snaps, etc.)
2. Wear comfortable shoes (No sandals or flip-flops)
3. No calcium 24 hours prior to exam. (e.g.: calcium supplements)

A bone density exam would not be recommended in the following :

1. Pregnancy
2. Breast Feeding (Lactation takes calcium out of your body.)
3. Recent radiological procedure within the last 7 days, including tests which use Iodine, Barium, and Nuclear Medicine Isotopes.

*Please inform the technician ahead of time if you have any internal objects that could interfere with the scan. (Includes: metal implants, surgical staples, shrapnel, or radioactive seeds)

If you have any questions or concerns relating to the exam or the above instructions, please contact our office at:

714.447.4800