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Dasman Diabetes Institute



## *Diagnostic Imaging Center*

# Bone Mineral Densitometry

Bone mineral densitometry (BMD) is a procedure to measure bone density that is non-invasive and uses a very small amount of radiation. This test is very useful to assess osteoporosis – a condition where the bones become weak and brittle and are prone to fractures.

### What to bring on the day of your appointment:

Please bring your prescription, civil ID and insurance card (if any) to the reception. Also bring any previous BMD reports for tests you may have undergone elsewhere, for comparison purposes.

### Preparation:

- If you are taking calcium, Vitamin D, iron or any drugs for Osteoporosis, these medications will have to be stopped for 48 hours before your appointment. It will help to have a list of the medications you are taking with you.
- You should not have received any form of contrast or dye within 15 days prior to your appointment. Also, inform the technologist if you had any recent nuclear medicine tests.
- If there is a possibility of pregnancy, your appointment will be rescheduled till after pregnancy is ruled out.
- Wearing comfortable and loose clothes that do not have any metallic object (zipper, clasps or snaps) over the lower abdomen and hips will facilitate your test.

### On the day of the appointment:

- Please arrive at the Diagnostic Imaging Reception at least 20-30 minutes before your test. This allows plenty of time for the registration process.
- Parent or guardian of patient younger than 16 years of age must accompany the patient.
- Kindly inform the receptionist if you have any metallic implant or if there is a suspicion of pregnancy.
- The technologist will go through a detailed form which includes what medications you are currently taking and medical history, prior to beginning the test.
- You will be asked to change into a gown, if necessary, before your exam. You will have to remove all plastic and metal objects from the lower back and hip area. If forearm is scanned, you will be asked to remove watches, bracelets, etc.
- For the test, you will lie down on a padded table as the arm of the scanner passes over you to acquire the images. The areas scanned may include the lower back, your hips or your forearm. The technologist will position you appropriately for each part of the test. You will be asked to lie still for the duration of the scan while images are being acquired.

- Note: If the doctor asks for a total body scan, you will be asked to remove all such objects as mentioned before, from your entire body and the scan will cover your whole body from head to toe.

Generally, examinations take about 20 to 30 minutes to complete.

### **After your test:**

- On completion of your BMD test, you may proceed to the reception for information about the pickup of your report. You may resume regular activities and taking all your medications as indicated by your doctor.
- The BMD test will be reported by the supervising Radiologist.

### **Contact Us:**

For any inquiries, cancellations or for rescheduling your appointment, please contact us at +(965) 1877 877 ext: 7000, 7001 or +(965) 2221 6047 or on WhatsApp +(965) 6505 5011

