

Bone Density Study

What You Need to Know and Do

A bone density study helps diagnose osteoporosis (bone thinning). Images (pictures) are taken of your lower back, hip, or forearm to measure the amount of calcium in your bones. Calcium is the mineral that makes up your bones.

What should I do before my appointment?

No preparation is needed. You may be asked to remove your jewelry and other metallic objects before the exam. You should wear comfortable clothing.

Be sure to tell the radiologist or technologist if you:

- are or think you may be pregnant
- have any metal in the part of your body being scanned, such as a hip replacement
- have had a recent nuclear medicine scan, CT scan with oral contrast, or an X-ray test with oral contrast
- have a severely curved spine, have had spinal surgery, have a history of spinal or hip fractures, or can't lie on your back.

When should I arrive for my appointment?

You will need to arrive at least 30 minutes before your appointment time to check in and complete paperwork.

What happens during my test?

You will lie or sit on a table. Your lower legs may be raised on a platform.

A scanner (camera) will move back and forth over the part of your body being scanned.

You will need to remain still during your scan.

You cannot talk during your scan.

What happens after my test?

You can usually return to your normal activities and diet right away.