

## BODY MASS COMPOSITION

BMC uses x-rays to scan your whole body to determine proportions of lean muscle, bone and fat mass.

BMC exams are offered at our Red Deer location.

**BMC is private pay only**

**Referrals are necessary for all bookings**

**Exam Duration:** 15min

## PATIENT PREPARATION

- ✘ **Do not** take calcium or vitamin supplements the day of the exam.
- ✘ **You cannot have** had an x-ray procedure using barium or dye in the **7 days** leading up to your exam.
- ✘ **You cannot** have a BMC if you are under 18 or are pregnant.
- ✔ Wear loose fitting clothing, with no metal (including underwire) or you may be asked to change into a gown.
- ✘ Fasting is required for 12 hours before your appointment.
- ✘ No exercise or alcohol for 24 hours beforehand.

## WHAT TO EXPECT DURING YOUR EXAM:

- ✔ You will be asked to empty your bladder.
- ✔ Your height and weight will be taken.
- ✔ The technologist will explain the exam, and have you lie on your back on the table.
- ✔ You will be required to hold very still during the exam.

## AFTER YOUR EXAM:

- ✔ After a BMC, the technologists will print your results and go over them with you before you leave.
- ✔ No information will be forwarded to your referring doctor.

CAMIS strives to have the results sent to your referring doctor **within 24 hours**. Sometimes exams require consultation which can delay reporting. If your doctor has **not received results in 7 days**, please email [connect@camiscare.ca](mailto:connect@camiscare.ca) with the concern and include your Alberta Health Care number. An administrator will determine the cause of the delay and respond to you.

**CARE YOU DESERVE, RESULTS YOU TRUST.**

Find us on Facebook: @CAMISRadiology