

## BONE MINERAL DENSITOMETRY/ BODY MASS COMPOSITION

BMD uses x-rays to image your spine and hip to determine bone mass.

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

Both BMD and BMC exams are offered at our Red Deer location.

**BMD is covered by Alberta Health Care**

**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 BMD 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 not required.

## WHAT TO EXPECT DURING YOUR EXAM:

- ✓ When you arrive, you will be asked to fill out a short questionnaire.
- ✓ 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 BMD you will be free to go.
- ✓ Your doctor can be contacted after **1 week**, for the results.
- ✓ After a BMC, the technologists will print your results and go over them with you before you leave.

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.**

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