

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 and Drayton Valley locations..

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 D 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. Arrive 30 minutes early.
- ✗ 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:

- ✓ You will be free to go.

CAMIS strives to have results sent to your referring doctor **as soon as possible**. In some cases, exams may require consultation, which can delay reporting. Rest assured, our team works carefully to ensure your results are accurate and communicated promptly to support your care.