

If you have a cold, flu, fever or are feeling ill, contact the Bookings Office at 519-631-2030, ext. 2322 prior to coming for your test.

What is a Bone Density Test?

A bone density test determines if you have osteoporosis — a disease that causes bones to become more fragile and more likely to break.

In the past, osteoporosis could be detected only after you broke a bone. By that time, however, your bones could be quite weak. A bone density test makes it possible to know your risk of breaking bones before the fact.

A bone density test uses X-rays to measure how many grams of calcium and other bone minerals are packed into a segment of bone. The bones that are most commonly tested are located in the spine, hip and forearm.

What will happen during a Bone Density Test?

You will lie on a padded exam table while a mechanical arm passes over your body. The amount of radiation you're exposed to is very low, much less than the amount emitted during a chest X-ray.

The procedure takes about 15 minutes.

What will happen after a Bone Density Test?

You will be able to return to normal activities. The Radiologist will send the report to your physician. The results will be given to you by your physician.

How to prepare for a Bone Mineral Density Test?

- Ensure you do not wear any metal (especially on your pants). Most jewelry is fine.
- Bring a complete medication list with you.

