

**PATIENT INFORMATION**

**Patient's Name:** \_\_\_\_\_

**You have an appointment in the Nuclear Medicine Department on:**

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

Please arrive 10 minutes early. This gives you time to check in. Please bring with you photo identification and your BC CareCard (personal health number).

Please do not bring your children with you unless you bring someone to care for them while you are having the test.

If you are not able to keep your appointment, please call **604-806-8008** as soon as possible. Please give us at least 24 hours notice so we can use your time for someone else. When you call, we will give you another date and time for your test.

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## Things you need to know

### Why am I having this test?

Your doctor wants to know if you have thinning of the bones. This is called osteoporosis or osteopenia (someone at risk for osteoporosis). This test can help you and your doctor decide how to prevent fractures and further bone loss.

### What do I need to do before the test?

**★ Are you allergic to latex? Pregnant? Breastfeeding? Please tell us★**

**On the day of your test** - Do not take any calcium supplements or antacids.

You may eat and drink as usual and take your other medicines.

Please wear loose, comfortable clothes.

We prefer you wear:

- Pants with an elastic or a drawstring waist
- A t-shirt or shirt without zippers or metal buttons

You may have to change into a hospital gown. We may also ask you to remove jewelry, glasses or other metal objects as these can interfere with the scan.

### What happens during the test?

The technologist will explain the test to you before we start.

We get you to lie on your back on one of our exam tables. We use an x-ray detector to scan certain bones. Usually we scan the lower back and hip bones. Sometimes, we scan the bones in the wrist. The scan takes about 20 minutes.