



Bone Densitometry (BMD)

Patient Information

What is bone mineral densitometry?

Bone mineral densitometry is a scan which uses low energy x-rays to measure the density of your bone. It is used to diagnose osteoporosis and assess your fracture risk. It is also used to monitor your bone density especially if you are on treatment for osteoporosis. The usual regions scanned are your lower spine and hips although on occasions other sites such as the forearm may need to be scanned.

What preparation is required?

There is no special preparation required. Where possible, please wear clothing with no metallic objects such as zips or metal buttons which can affect the scan. If required, we have a change room for you to put on a gown before scanning.

Please bring along any previous bone densitometry results that you have so we can assess for any changes in your bone density.

How long will the test take?

The scanning time is about 5 minutes. The total duration for a bone mineral densitometry appointment is about 30 minutes as we need to obtain some medical history from you before the scan and you may need to change into a gown.

What is the radiation dose?

The radiation dose from a bone mineral densitometry scan is about one tenth of a dose from a chest x-ray.

How much will the bone mineral densitometry cost?

The cost depends on whether there is a Medicare rebate available for your scan. Medicare rebates are available only for certain medical conditions. You may discuss with your doctor whether you have an eligible medical condition and call us about the possible cost of your test.

Where do I have my bone mineral densitometry done?

Your bone mineral densitometry scan will be performed at any of our four radiology sites located at Kingscliff, Byron Bay, Murwillumbah and Tweed Heads.