

# Bone Mineral Density Test



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| <b>Name of Test</b>          | Bone mineral density test<br>(Dual energy x-ray absorptiometry)   |
| <b>Purpose of Test</b>       | To assess spine and hip bone mineral density<br>To assess body composition (fat and lean mass percentages)  |
| <b>Preparation</b>           | A gown will be provided for you to change into. You may wear clothing under the gown but must remove all metal from your body.<br>Your legs and feet will be positioned on a small box for spine scans.<br>Your legs will be positioned against a triangular support for hip scans<br>Your arms will be positioned close to your sides for all scans. |
| <b>Instructions for Test</b> | Lay on your back on the scanner bed. Remain still until the scans are complete (up to 10 minutes)   |