

# Bone Density Scan

**It is important that you DO NOT  
wear any scented products.**

**Nova Scotia Health Authority is a  
scent-free environment.**

# Bone Density Scan

A bone density scan measures how much calcium and other types of minerals are in an area of your bone.

The scan may help your health care provider to determine your future fracture risk and measure your response to treatment.

Please call the Diagnostic Imaging booking office at 902-473-3618 if:

- You have had a scan in Diagnostic Imaging within 2 weeks of your appointment, especially if you had a dye injection, CT, MRI, a barium study, or a nuclear medicine study.
- You are pregnant or think you may be pregnant.

These may interfere with the scan and your appointment may have to be rescheduled.

**If you have already had a scan, please go back to the same hospital where you had the scan.**

The same machine must be used to follow any changes to your bone health.

## **How is the scan done?**

- You will lie down on a cushioned table and the scanner will pass over your lower spine and hip. Other parts of your body may be scanned, as needed.

## **How do I get ready for the scan?**

- Please do not wear clothing with any metal or plastic, such as zippers, buttons, beads, or hooks. Sports bras are OK if there are no clips. Please take out any belly button rings before you arrive.
- You do not need to do anything to get ready for the scan. If you are on steroid or bone-building medication, the technologist will need to know the name of the medication, how long you have been taking it, and the dose (how much) you take.
- We will ask you to complete a health questionnaire once you are registered for your test.

## **Do I need to do anything during the scan?**

You will need to stay still while the scan is being done.

# Notes:

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### Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>  
Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

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The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.