Bone density scan

You are scheduled for a bone density scan. This scan helps your doctor learn the strength of your bones. It is a safe, effective, and painless way to obtain this information about your bones. The scan uses a low-energy x-ray, about the same as a chest x-ray. It is done in the Nuclear Medicine Department.

**Preparation**
- You may eat and drink whatever you like.
- You should not have had recent oral contrast or recent Nuclear Medicine scans before this scan. If you think you may have had such scans, please let your doctor know; your doctor will then decide whether to do the scan.

**Procedure**
- You will be asked to lie on your back on an examination table. Support will be given to the body part being scanned: usually the lower back, left hip, or lower arm.
- X-rays will pass through the body area from under the table to the scanner above you. The x-rays that pass through your body will be recorded and allow the scanner to determine the density of your bones.
- The scan lasts about 30 minutes.

**After the procedure**
No special precautions are needed.
If you have questions about the procedure, please ask. Your nurse and doctor are ready to assist you at all times.

**Special instructions**
Because it uses radioactivity, this scan is not performed in pregnant women. If you are pregnant or think you might be pregnant, please inform your doctor immediately so that a decision can be made about this scan.