**BASELINE DIAGNOSTIC BONE DENSITOMETRY**

BMD is covered by MSP if it is likely to alter treatment for patients who are at moderate to high risk of fracture as per the BC Guidelines. One of the following MUST be checked:

- Moderate Risk (10-20% 10 year fracture risk)
- High Risk (>20% 10 year fracture risk)
- Recent Hip Fracture
- History of Fragility Fracture

**ONGOING MONITORING (FOLLOW-UP) BMD MEASUREMENTS**

Based on a patient’s risk profile, follow-up BMD may be indicated in 3-10 years.

- More than 3 years since prior Bone Density exam
- Repeat BMD exams are not considered medically necessary by MSP prior to 3 years unless:
  - Patient is receiving ≥ 7.5mg Prednisone daily for 3 consecutive months. Requires a baseline exam and repeat scans at 6 month intervals while on treatment.
  - Moderate and high risk patients on **OP medications** with multiple risk factors and BMD exam is likely to alter patient management.

  **Name of OP med:**

- Patient is on medications that may cause bone loss.

  **Name of med:**

- Monitoring patients with primary hyperparathyroidism

**SCREENING BONE DENSITOMETRY**

This is a non-insured service for indications that are not covered by MSP

- The patient would like to proceed with the exam and pay privately

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**Requesting Physician Signature:**

M.D.

Name (Print): ___________________________  Billing #: ___________________________

Phone: ___________________________  Fax: ___________________________

Copies To: ___________________________

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- INCOMPLETE REQUESTS WILL BE RETURNED -
**WHAT IS BONE DENSITY MEASUREMENT?**

Bone density measurement is a diagnostic test used to measure the amount of mineral in bones. The most commonly used test is dual energy x-ray absorptiometry (DEXA). It involves lying on a table for 10-20 minutes while a low dose x-ray beam scans your spine, hip or both. The test involves no pain and no known risk other than minimal radiation exposure.

**EXAM PREPARATION:**

- Contrast or Nuclear Medicine Exams should not be performed within 10 days prior to appointment date
- Do not take any Calcium Supplements, Antacids, or Multivitamins for 24 hours prior to exam.
- Wear pants, shorts or a skirt with an elastic or drawstring waist. No snaps, buttons or zippers. You may be required to change into a gown and pants
- Do not use perfume, scents or fragrances of any kind.

**RESULTS:**

- After the technologist processes your Bone Density results, they are given to the Radiologist, a specialist, who will study and interpret them. Results will not be given to you on the day of your exam. A written report will be sent to your physician.

**PARKING:**

- Pay parking is available at the hospital, payable using $1 and/or $2 coins or credit card.
- Please leave plenty of time for parking, for sites in busy centres it may take more time to find parking
- For more parking information and parking rates please visit the webpage
  - ARH, JPOCSC, RCH: www.fraserhealth.ca
  - St Paul’s: www.providencehealthcare.org
  - BC Women’s: www.bcwomens.ca
  - VGH, LGH: www.vch.ca

**NOTE:**

- Children are not allowed in exam rooms. Please make alternate childcare arrangements.
- For appointment changes or questions, please call the Medical Imaging department where your exam is booked.

**ADDITIONAL INFORMATION:**

For various perspectives on osteoporosis and bone density testing, contact the following:

- The Osteoporosis Society of Canada
  - www.osteoporosis.ca
  - 1-800-463-6842
- Osteoporosis and Fracture Prevention A Guide for Patients
  - www.bcguidelines.ca
- Healthlink BC
  - www.healthlinkbc.ca

Please fax the request to:

Abbotsford Regional Hospital, Medical Imaging: 604-851-4904
BC Women’s and Children’s Hospital, Vancouver, Medical Imaging: 604-875-2367
Jim Pattison Outpatient Care and Surgery Centre, Surrey, Medical Imaging: 604-582-3766
Lions Gate Hospital, North Vancouver, Nuclear Medicine: 604-984-5781
Royal Columbian Hospital, New Westminster, Medical Imaging: 604-523-8811
St Paul’s Hospital, Vancouver, Nuclear Medicine: 604 806 8075
Vancouver General Hospital, Nuclear Medicine: 604-875-5009