



BRITISH COLUMBIA

Ministry of Health

STANDARD OUT-PATIENT BONE DENSITOMETRY REQUISITION

ORDERING PRACTITIONER: ADDRESS, MSP PRACTITIONER NUMBER

Form with fields for patient information, contact details, and diagnosis. Includes instructions: 'Yellow highlighted fields must be completed to avoid delays in patient processing'.

PERTINENT HISTORY - Follow-up examinations should be done at the same location (attach reports if available)

Form for previous bone densitometry and lumbar spine X-rays, including location and date fields.

EXAMINATION REQUESTED

DIAGNOSTIC BONE MINERAL DENSITOMETRY [BMD]

BMD is only indicated if it is likely to alter treatment and is considered an MSP insured service for patients with moderate or higher risk of fracture...

- Example Risk Factors: Age > 65, Current smoking, Alcohol consumption > 3 units/day, Previous fragility fractures, Rheumatoid Arthritis, Glucocorticoids (2: 7.5mg prednisone OR equivalent daily for 3 months consecutively), Having a parent with fractured hip, Secondary Osteoporosis.

Check One:

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

FOLLOW-UP BMD MEASUREMENTS

There is insufficient evidence to recommend testing frequency for patients not taking OP medications. For patients on OP medications, repeat BMD exams are not justified based on current evidence...

- 3 or more years since prior BMD Exam, Less than 3 years since BMD Exam (See below)

The following exceptions, as outlined in the Osteoporosis Guideline, may apply (check one):

- Patients receiving >= 7.5mg prednisone daily, or its equivalent for 3 months consecutively who require a baseline examination and repeat scans at 6 month intervals while on treatment. Patients in whom an early exam may be indicated: example - moderate and high risk patients on OP medications with multiple risk factors and test is likely to alter patient management. Primary Hyperparathyroidism. Other specific high risk situations where repeat testing is likely to alter patient management.

Specify: _____

NON-DIAGNOSTIC BMD - PATIENT PAY

These are non-insured services for indications that are not covered by MSP, such as:

- Routine screening of men and women less than 65 years of age, Investigation of chronic back pain, Part of routine screening around time of menopause, Investigation of exaggerated dorsal kyphosis, Screening - the patient would like to proceed with the exam and pay privately, Follow-up (when not clinically indicated) - the patient would like to proceed with the exam and pay privately.

Form for patient history, appointment date, telephone requisition, and signatures.

The personal information collected on this form is collected under the authority of the Personal Information Protection Act. The personal information is used to provide medical services requested on this requisition.

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Back of Page 1

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
ARHCC, JPOCSC, RCH: www.fraserhealth.ca BC Women's: www.bcwomens.ca
St. Paul's: www.providencehealthcare.org VGH, LGH: www.vch.ca

NOTE:

- Children are not allowed in exam rooms. Please make alternate child care 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: 504-523-8811

St Paul's Hospital, Vancouver, Nuclear Medicine: 604-806-8075

Vancouver General Hospital, Nuclear Medicine: 604-875-5009

*Not all sites accept pediatric patients, pediatric referrals may be redirected to an alternate site.