
BMD (Bone Mineral Densitometry) – Your Role in Patient Safety

X-ray

BMD uses X-rays to image the spine and hip. Having an x-ray is safe and an effective test to diagnose disease and help with treatment. The Diagnostic Imaging Department is the area of a hospital where these examinations are carried out.

X-ray Safety

You may be concerned about your exposure to the amount of radiation during the tests. Special care is taken to use the lowest radiation possible for all of your x-ray examinations.

X-rays and Pregnancy

Imaging examinations can be performed safely on pregnant women. This decision is made carefully by your doctor and our staff. Female patients between the ages of 10 and 55 years (provincial guidelines) are asked if there is any possibility of pregnancy before having an x-ray examination.

Medications

You should never stop taking any prescribed medications, unless you are advised by your physician or health care provider responsible for your care.

Preparation

No preparation is required for BMD.

Information to Bring to Your BMD Appointment:

- List of current medications
- List of current vitamins and/or supplements

Let us Know if You Are:

- Are anxious about your x-ray examination
- Have any questions or concerns about pregnancy

- Unable to perform any of the instructions required for the test, before your appointment.

Safety Tips

- Ensure you inform the staff of any slip, trip or falls you may have had within the last six months
- Bring any mobility aide you use at home with you to assist in your examinations (canes, walkers, etc.)
- Help promote infection control in the hospital by using the hand sanitizer, from the stations or dispensers provided

Self-Screen

Please reschedule your appointment if you have any of the following symptoms:

- Fever
- Cough
- Trouble Breathing

To ensure your safety, please inform staff if you are uncomfortable or need assistance.

If you have any questions, please contact the Diagnostic Imaging Department at 416-469-6580 ext. 2334.