



BMD Patient Information

Your doctor has requested a BMD. Here are some answers to some frequently asked questions.

What is a BMD?

BMD stands for Bone Mineral Density. This technique uses CT technology to create cross-sectional images of the lumbar spine and hips to be analysed by a computer program to determine the density of the patient's bones.

What happens when someone has a BMD?

The patient will lie on the X-ray table on top of a white hard board called a calibration phantom which helps collect the data for the examination. The table then slides into the CT scanner, which looks like a large ring. The X-rays are emitted from the CT machine and pass through the lumbar spine and hips to create images of this area of anatomy.

Are there any special instructions to be followed before a BMD scan?

There is no special preparation to be followed. Wearing clothing without any metal will mean that you will not have to get changed for the examination.

How long does a BMD take?

The scan usually takes only 5 minutes to perform. Patients are then asked to wait for the radiographer to receive their results which can take another 10 to 15 minutes. You will then be advised to take these results with you to your next doctor's appointment.

Please bring any earlier X-rays with you when you attend for your examination.

This examination uses X-rays therefore you will need to inform the radiographer before performing the exam if you are pregnant or if there is any possibility you are pregnant.