

SDMS, P.C.

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Directions for Bone Density Tests (BMA)

IMPORTANT: If you are pregnant or breastfeeding, PLEASE let us know in advance. You cannot have this procedure done, as it can be potentially harmful.

Do not consume alcohol, coffee, tobacco (smoke), dairy products, chocolate (sugar), and over-the-counter cough or cold medicines. Do not eat for about 2 to 3 hours before this study.

Please wear comfortable and light clothes without buttons, zippers, or any other metal fastenings or ornaments. Shorts, sweats, or exercise wear is usually recommended for this scan. This is a safe procedure and radiation exposure is minimal and equivalent or less than 3.7 mrad. People get that much radiation in their daily lives under SUN exposure.

PLEASE DO NOT WEAR JEANS OR DRESSES

*American College of Radiology Accredited Facility
Licensed by Arizona Radiation Regulatory Agency (for ~35 years) as
Radioactive Material User
Providing Specialty Healthcare Services for over 45 Years*