



# BONE AND BODY HEALTHSCAN

BONE DENSITY AND BODY COMPOSITION

info@boneandbodyhealth.com.au

## BMD DEXA, BODY COMPOSITION & SARCOPENIA REFERRAL

Date:

Time of Appointment:

Ground Floor, Suite 1 / 124-126 Camberwell Road,  
Hawthorn East VIC 3123

ALL APPOINTMENTS

Ph: (03) 9041 6633

Patient Name:

Date of Birth:

Gender:

Address:

Telephone:

Medicare Card No.

### REQUESTED TEST:

### CLINICAL NOTES:

<input type="checkbox"/> Bone Mineral Density	<input type="checkbox"/> Hip	<input type="checkbox"/> Spine	<input type="checkbox"/> Forearm
<input type="checkbox"/> Body Composition	<input type="checkbox"/> Sarcopenia	<input type="checkbox"/> Fat Mass	<input type="checkbox"/> VAT
<input type="checkbox"/> Vertebral Fracture Assessment	<input type="checkbox"/> LVA	<input type="checkbox"/> AVA	
<input type="checkbox"/> Orthopaedic Prosthetic Assessment	<input type="checkbox"/> Knee	<input type="checkbox"/> Hip	

### REFERRER'S DETAILS:

### REFERRER'S SIGNATURE:

### DATE:

### COPIES TO:

### PATIENT CATEGORY:

### RESULTS:

- Bulk Bill
- Pension
- Private
- DVA

- Electronic report
- Telephone report
- Films & report to patient
- Facsimile report

### MEDICARE REBATEABLE CLINICAL INDICATIONS: (please tick one)

<b>Patient &lt; 70 years of age</b>	Item 12306	<input type="checkbox"/> Presumed osteoporosis following minimal trauma fracture
		<input type="checkbox"/> Monitoring of low bone mineral density ( <i>T-score &lt; -2.5 or Z-score &lt; -1.5</i> )
	Item 12312	<input type="checkbox"/> Prolonged corticosteroid therapy ( <i>&gt;7.5mg</i> )
		<input type="checkbox"/> Cushing's Syndrome
	Item 12315	<input type="checkbox"/> Hypogonadism Male / Female ( <i>if Female: &lt; 45y/o and lasting ≥ 6 months</i> )
		<input type="checkbox"/> Primary hyperparathyroidism
<input type="checkbox"/> Malabsorption		<input type="checkbox"/> Chronic liver disease
	<input type="checkbox"/> Rheumatoid Arthritis	<input type="checkbox"/> Chronic renal disease
Item 12321	<input type="checkbox"/> Monitor response to significant change in Rx for osteoporosis after 12 months of treatment	
<b>Patient ≥ 70 years of age</b>	Item 12320	<input type="checkbox"/> Initial Screening
		<input type="checkbox"/> Previous test results with <i>T-score ≥ -1.5</i>
Item 12322	<input type="checkbox"/> Previous test results with <i>-2.5 &lt; T-score &lt; -1.5</i>	
<input type="checkbox"/> Other _____ ( <i>non-Medicare rebateable</i> )		



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### Instructions for your BMD DEXA or Body Composition Scan

You will be asked whether you have ever had a Bone Mineral Density Scan Before, and any previous scan and locations should be mentioned. Wherever possible, unless requested by your doctor, a scan should be repeated on the same scanner to ensure accuracy and reproducibility.

#### REMEMBER TO BRING TO YOUR APPOINTMENT:

- Your Referral
- Medicare Card
- Concession / DVA card
- Any previous DEXA BMD scans

**Please arrive 10 mins before your booked appointment time.**

**WE ACCEPT ALL RADIOLOGY REFERRALS**

#### 1. How Long will the scan take?

The scan takes approximately 20 minutes

#### 2. Do I need to prepare for the scan?

No fasting is required for the scan. Medication should be taken as normal except for **calcium**, which should be withheld for **24hours**. It is helpful but not essential to wear clothing which is loose and free of metallic attachments such as buttons, underwires, zippers, buckles and fasteners.

You **MUST** notify the technologist if you are pregnant.

#### 3. Will the procedure be uncomfortable?

There are no injections, tunnels or confined spaces. You will be lying on a scanning table. You must be able to weight bear/stand to get onto the scanning table.

#### 4. When will my doctor have the results?

The technologist will analyse the scan immediately and the results will be reported by a physician/radiologist.

The results will then be sent to your doctor either faxed or emailed within 24 hours or mailed which can take up to 7 days.

#### 5. What if I am unable to make my appointment?

If for some reason you are unable to attend it is important you or someone else please contact us on **(03) 9041 6633** and we can reschedule at a time that is convenient.

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VIC 3123**

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