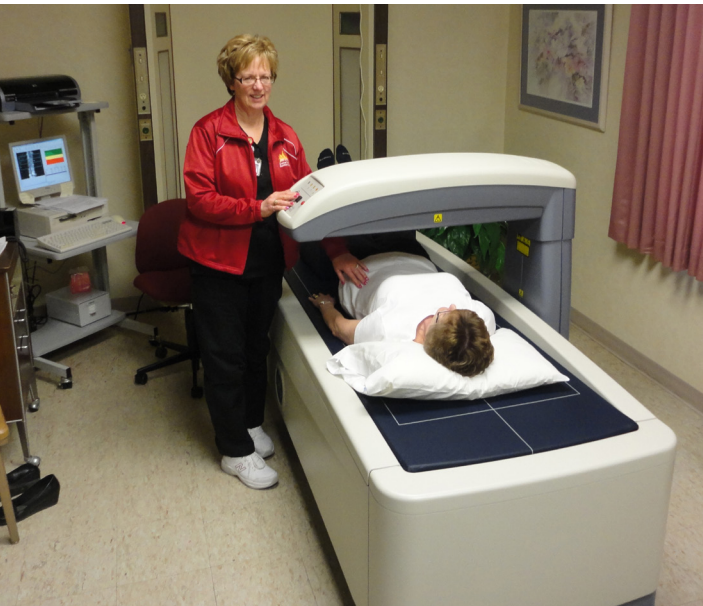


## How long will the examination take?

Spine or femur measurements take approximately two to five minutes while total body measurements take approximately ten to fifteen minutes. Your physician will determine the examination that is best for you.



## What will the exam determine?

The bone densitometer will measure your bone mineral density (BMD). It will also compare your measurements to a reference population based on your age, weight, sex and ethnic background. This information will be used by your physician in making a diagnosis about your bone status and fracture risk.

Please report to Outpatient Registration of Stewart Memorial Community Hospital 15 minutes prior to your appointment time.

For more information call:

## Stewart Memorial Community Hospital

### Radiology

712-464-4207



### Stewart Memorial Community Hospital

1301 West Main St.  
Lake City, IA 51449  
(712) 464-3171  
800-262-2614



### McCrary Rost Clinic

1351 West Main St  
Lake City, IA 51449  
(712)-464-7907  
800-560-7500

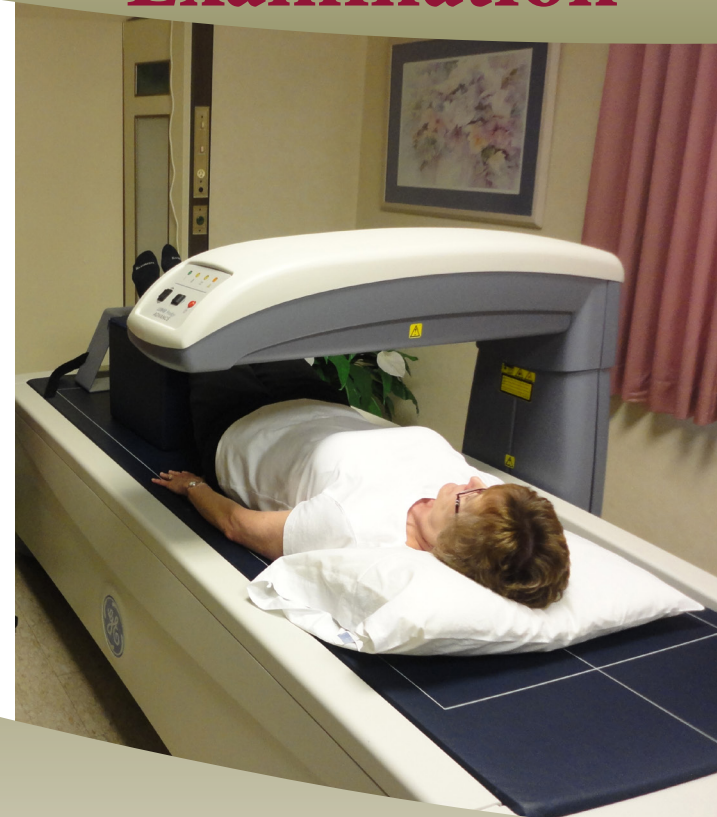


[www.Facebook.com/SMCHLakeCity](http://www.Facebook.com/SMCHLakeCity)

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# Relax and Enjoy Your Bone Densitometry Examination



## Stewart Memorial Community Hospital

Lake City, Iowa



[www.stewartmemorial.org](http://www.stewartmemorial.org)

# Bone Densitometry: A Fast, Simple Examination

A bone densitometry examination may be the easiest medical examination you will have over the course of your life. The scan involves for you to lie on your back and let the bone densitometer do the work. However, there are always valid concerns about any medical procedure. For your peace of mind, this pamphlet addresses these important questions. Your doctor will need to order the exam.

## ***Will it hurt?***

Absolutely not. There is no pain associated with a bone densitometry examination.

## ***Is the examination safe?***

Bone densitometry involves an extremely small dose of radiation. How small? One image of the spine delivers less than one-tenth the dosage of a chest x-ray. As in any medical procedure, if you are pregnant be sure to inform your physician.

## ***Is there special preparation involved?***

Unlike many other medical examinations, no special preparation is required. There are no contrast injections, oral preparations or uncomfortable enemas.

## ***Do I have to alter my eating habits?***

This is not an examination that requires you to have an empty stomach, drink a certain amount of water, or any other such pre-examination preparation on your part.

## ***What should I wear?***

Wear any kind of clothing you like, but please avoid metal buttons or buckles.

## ***What do I do during the exam?***

Lie still.

Breathe normally.

Rest comfortably.

