

BONE DENSITOMETRY

Bone densitometry is a medical procedure which helps to measure the density of the bone, i.e. its mineral content. Low bone density is an excellent indicator of fracture risk, whether it is vertebral collapse or fracture of the femoral neck.

The method consists of emitting X-rays towards the targeted bone, which absorbs it in part. We then measure what remains of the radiation after its crossing of the bone, thus informing us of its density.

This procedure, lasting for approximately 20 minutes, allows the detection of osteoporosis, thus ultimately the evaluation of fracture risks.

Preparation

If you have other procedures scheduled within the same period, there must be a delay between such procedures and the bone densitometry.

- Nuclear medicine: Wait 7 days
- Fluoroscopy (a digestive examination with barium): Wait 15 days
- CT scan with iodine: Wait 7 days
- If you are taking calcium supplements: Stop 48 hours before the procedure.

Medical contraindication

Pregnancy is a contraindication of this procedure.

The bone densitometry procedure (step by step)

- Prior to the procedure, we will take X-rays of your lumbar spine in order to gain a general idea of its condition.
- Then, we will accompany you to the examination room where you will be placed on the examination table, lying on your back.
- The technician will position you and the device will begin to slowly move over you.

The immediate effects of the procedure

The procedure is absolutely not painful.

After the procedure

Your results will be sent to your attending physician, who will follow up if necessary.