

Bone Density

Your child's scan is scheduled for (date) _____ at (time) _____ in the Imaging (Radiology) Department. Please stop at a Welcome desk for a badge and directions to Imaging, on the 1st floor of Children's Hospital of Wisconsin.

What is a bone density test?

A bone mineral density test uses x-rays to show how thick, or dense your child's bones are. This test is sometimes called a BMD or DEXA test. Knowing how strong your child's bones are helps the doctor know if your child is at risk of getting a broken bone (fracture). The test is painless. No shots are needed and nothing is swallowed. The x-ray uses a very low dose of radiation.

How do I prepare my child?

- Be sure your child's clothes do not have any metal on or in them.
- For 7 days before the test, your child should not have any:
 - CT contrast.
 - Barium.
 - Nuclear Medicine exam.



How is the scan done?

- Your child will go into a special room for the exam. Your child will lie on a comfortable bed.
- One or more pictures of the lower spine, hip or whole body will be taken.
- The pictures are taken without any lights, or loud sounds.
- The pictures take about 5 minutes.

When will the results be ready?

A doctor who has special training in reading x-rays, called a radiologist, will look at the pictures after the scan is done. Your child's doctor will be given the results of the scan within 48 hours. Your child's doctor will then share the results with you.

ALERT: Call the doctor, nurse, or clinic if you have any questions or concerns or if there are special health care need concerns that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.