

Location and opening hours



Bone Densitometry is performed only at the Calvary Hospital rooms (Strangways Terrace, North Adelaide, **(08) 8402 0262**). These rooms are open from 8.00am to 5.00pm on weekdays.

Free on-street parking is available.

Please bring all your previous X-rays and scans with you to your appointment.



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Patient Information Handout

Bone Densitometry



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What is bone densitometry?

Low-dose X-rays are used to measure bone density and detect osteoporosis. Osteoporosis is a condition that often affects women after menopause, but can be found in men. If your bone density is found to be low, you are at an increased risk of fractures.

How is the procedure performed?

The examination will take about 20 minutes. You will lie on a padded table with an X-ray generator below you, and an X-ray arm will pass over your body. This will focus on the spine and hip where most osteoporosis-related fractures happen. It is important that you lie as still as possible during the test. A Radiographer will be sitting next to you for most of the examination.

Are there any risks?

There are no complications expected with this test. The procedure is painless and radiation exposure is minimal.

How should I prepare for the procedure?

There is no preparation required for this examination. Wear loose, comfortable clothing.

How do I get the results?

The results are interpreted by a Radiologist (a doctor). Many are also interpreted by other doctors such as your General Practitioner, Endocrinologist or Rheumatologist. The results can be sent to your referring doctor and should be available by the next day. If you wish to wait for your results they should be ready within 60 minutes.

The results will not tell you whether or not you will have a fracture. It will give you your relative risk of developing a fracture at some time in the future, and this will help your referring doctor with a treatment plan to help prevent them.