

PREPARATION AND INSTRUCTIONS: These instructions are **IMPORTANT**. Please follow them.

BONE MINERAL DENSITOMETRY (BMD)

- ☐ **Do not take calcium pills the day of examination.** Undigested pills can interfere with the scan resulting in rebooking the examination. If possible, avoid wearing underwire bra, metal buttons, zippers or belt buckles over mid abdomen. A gown will be provided if necessary. If you have had a nuclear medicine dye injection or a barium study within the past two weeks, please reschedule your BMD test.

MAMMOGRAM

- ☐ Wear separate top with skirt or slacks. No deodorant or talcum powder.

X-RAY PREPARATIONS

- ☐ **Knee X-Ray or Lower Extremity** - Bring or wear shorts.

GENERAL INFORMATION

- Please arrive 10 minutes in advance of your appointment time.
- Please bring your requisition with you.
- You will be asked at **EACH VISIT** to provide a **VALID HEALTH CARE CARD**.
- If you do not have your card you may be asked to return for your examination.
- Please call to cancel if unable to keep a booked appointment.
- Non confirmation of appointment will result in appointment being cancelled.

SEE SEPARATE REQUISITION FOR ULTRASOUND & ECHOCARDIOGRAMS

**FAILURE TO COMPLY WITH THE ABOVE PREPARATION INSTRUCTIONS
MAY RESULT IN THE EXAMINATION HAVING TO BE RESCHEDULED.**

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TO MAKE APPOINTMENTS CALL OUR
BOOKINGS DEPARTMENT
MONDAY TO FRIDAY BETWEEN 8:00 A.M. TO 4:45 P.M.
TEL: 519-672-7900 FAX: 519-672-8731
FOR ALL OTHER INQUIRIES CALL 519-672-5270

***Convenient Clinic Hours
Including Evenings and Weekends!**

