

What Happens When I Have an Osteoscan?

1. You will fill in a page of medical questions
 - a. It will be easier if you bring your medicine packets with you – not just your bone medicine or calcium or Vitamin D.
 - b. Or, if you prefer, you can fill it in at home before you come, by printing the questionnaire from our web site. Don't forget to use the right questionnaire: there is one for men and one for women.



2. You will lie still on a firm couch for 5 minutes during the a scan that takes five minutes
 - a. It doesn't hurt: it is just an X-ray.
 - b. The X-ray dose is incredibly small. You would get the same amount of radiation by flying to Melbourne.
 - c. If you have jewellery in your belly button it helps if you remove it before you come
 - d. If you have undergarments with lots of metal clips or metal stays, it would help if you did not wear them on the day of your Osteoscan.

3. For some patients, your GP will order extra tests:
 - a. A VFA (a Vertebral fracture analysis) adds just an extra 2 or 3 minutes to the time spent on the couch: for this, you will need to lie on your side.
 - b. A blood test may add more information about your bones. This needs to be taken before breakfast. If you attend our Kurralta Park branch, your blood test and your Osteoscan can be booked in the same morning.

What Doesn't Happen?

If anyone tells you that we stick needles into your bones, tell them that we stopped doing that about 30 years ago!