

BMD

## Ordering Guidelines for Referrers:

- Baseline: patients are limited to one Baseline test in lifetime
- Low Risk: patients with prior BMD testing are limited to a second test 3 years later and every 5 years subsequently
- High Risk: ordering physician must provide clinical information documenting reason for high risk status
  - At risk for accelerated bone loss (in the absence of other risk factors, patient age is deemed not to place a patient at high risk for accelerated bone loss)
  - Osteopenia or osteoporosis on any previous BMD testing
  - Bone loss in excess of 1% per year as demonstrated by previous BMD testing

## Please indicate location of Imaging examination for Patient:

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> <b>Cambridge Memorial Hospital</b><br>700 Coronation Blvd.<br>Cambridge ON N1R 3G2 | Telephone: 519-621-2333 x2230<br>Fax: 519-740-4904<br>www.cmh.org         | • All patients are to register in the Diagnostic Imaging Department, located on the 1 <sup>st</sup> Floor of the hospital's <b>A Wing</b> , at the indicated arrival time. |
| <input type="checkbox"/> <b>Grand River Hospital</b><br>835 King St. W<br>Kitchener ON N2G 1G3              | Telephone: 519-749-4262<br>Fax: 519-749-4296<br>www.grhosp.on.ca          | • All patients are to register in the Department of Medical Imaging, located on the 2 <sup>nd</sup> Floor of the hospital's <b>D Wing</b> , at the indicated arrival time. |
| <input type="checkbox"/> <b>Groves Memorial Community Hospital</b><br>235 Union St.<br>Fergus ON N1M 1W3    | Telephone: 519-843-2010 x3234<br>Fax: 519-843-7637<br>www.gmch.ca         | • All patients are to register in the hospital's Diagnostic Imaging Department, located on the <b>Ground Floor</b> , at the indicated arrival time.                        |
| <input type="checkbox"/> <b>Guelph General Hospital</b><br>115 Delhi St.<br>Guelph ON N1E 4J4               | Telephone: 519-837-6413<br>Fax: 519-766-9982<br>www.gghorg.ca             | • All patients are to register in the hospital's Diagnostic Imaging Department, located on the <b>3<sup>rd</sup> Floor</b> , at the indicated arrival time.                |
| <input type="checkbox"/> <b>Palmerston and District Hospital</b><br>500 Whites Rd.<br>Palmerston ON N0G 2P0 | Telephone: 519-343-2030 x4245<br>Fax: 519-343-3821<br>www.nwhealthcare.ca | • All patients are to register in the hospital's main registration located on <b>Ground Floor</b> , at the indicated arrival time.   |
| <input type="checkbox"/> <b>St. Mary's General Hospital</b><br>911 Queen's Blvd<br>Kitchener ON N2M 1B2     | Telephone: 519-749-6990<br>Fax: 519-749-6989<br>www.smgh.ca               | • All patients are to register in the hospital's Diagnostic Imaging Department, located on the <b>1<sup>st</sup> Floor</b> , at the indicated arrival time.                |

## How to prepare for your Bone Mineral Density Examination

- No Barium Studies/Scans two weeks prior to your appointment
- No Nuclear Medicine Scans one week prior to your appointment
- Avoid clothing with metal fasteners if possible
- No Calcium pills on day of exam

## Important

- Please bring your **Ontario Health Card** and this form to your appointment
- **Patients must be able to consent to the procedure. If language is a barrier, please bring an interpreter.**
- If you are unable to keep your appointment, please give us 24 hours' notice
- We kindly ask that you do not wear or apply fragrances in support of our Fragrance Free policies.