

What can I do to get the best bone density test?

- Bring a list of your medications
- Arrive a few minute before your test
- Keep a good medical history
- Schedule your test at least a week from any other tests that use contrast
- Do not take calcium supplements for 24 hours before your test
- Wear comfortable clothes with a minimum of zippers or metal at the waist.
- Be sure to follow up with your doctor .
- Ask questions!



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