

## BONE DENSITY REQUISITION

**To book an appointment, please call: 604 987 9729 or 604 922 9141** We require your BC CareCard number at this time. When booking your examination, please inform the receptionist if you have had a barium or nuclear medicine study within the past 3 weeks.

Dr: \_\_\_\_\_ Billing #: \_\_\_\_\_ Date: \_\_\_\_\_

Clinic: \_\_\_\_\_

Additional copy to: \_\_\_\_\_

Patient Name Last: \_\_\_\_\_ First: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Date of Birth: (dd/mm/yy) \_\_\_\_\_  Male  Female

Personal Health Number (BC CareCard): \_\_\_\_\_

**APPOINTMENT:** Date: \_\_\_\_\_ Time: \_\_\_\_\_

### EXAMINATION REQUESTED:

- Screening Bone Densitometry**  
This is not an MSP insured service; payment is the responsibility of the patient.
- Diagnostic Bone Densitometry For Women**  
Covered by MSP but an indication MUST be checked. Indication is as defined in the *Bone Density Measurement in Women*. Medical services Commission and BCMA, May 1, 2005

*Appropriate indications: BMD is only indicated if it is likely to alter treatment and is considered an MSP-insured service if there is one major OR two minor risk factors for osteoporosis.*

#### MAJOR RISK FACTORS

- Age > 65 years
- Low trauma vertebral compression fracture
- Low trauma fracture over age 40
- Family history of osteoporotic fracture
- Current systemic glucocorticoid therapy of > 3 mos duration
- Malabsorption syndrome
- Primary hyperparathyroidism
- Hypogonadism
- Early menopause (before age 45)

#### MINOR RISK FACTORS

- Past history of clinical hyperparathyroidism
- Chronic anticonvulsant therapy
- Low dietary calcium intake
- Smoking
- Excessive alcohol intake
- Excessive caffeine intake (e.g. > 4 cups coffee/day)
- Weight < 57 kg
- Short term weight loss > 10% from weight at age 25
- Chronic heparin therapy
- Rheumatoid arthritis

- For Males And Children**  
Other situations where information on bone density is considered essential to decisions about therapy.

- Follow-up Bone Density Measurements**  
The use of BMD follow-up measurements is not considered medically necessary prior to two years after the original measurement and only if it is likely to alter patient management. The following exceptions apply:
  - in patients receiving > 7.5 mg prednisone daily or its equivalent for three months consecutively (who may require repeat scans at up to six month intervals while on treatment).
  - in patients with existing fractures or with very low bone density in whom an earlier examination may be indicated.

Doctor stamp

Clinic stamp

## **YOUR BONE DENSITY APPOINTMENT**

Please present your requisition and BC CareCard upon arrival.

### **To the patient - preparation for your bone density examination**

For your examination please wear either elastic waist band pants or track suit bottoms.

**Please do not take calcium tablets the morning of the exam.**

### **After your bone density appointment**

A radiologist will interpret the images and send a report to your doctor or specialist. Your doctor or specialist will discuss the results of the scan with you.

