

Bone Mineral Densitometry (BMD)

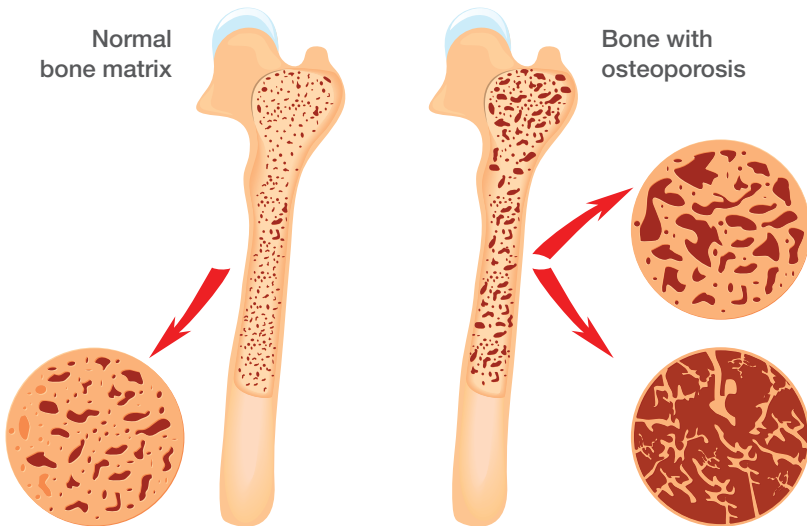


The Department of Radiology provides a comprehensive range of imaging services, both diagnostic and image-guided interventional procedures to diagnose and treat many medical conditions. Using advanced imaging equipment, our qualified and experienced radiologists and radiographers perform a variety of examinations, from basic X-rays to more complex MRI and CT scans.

What is a bone mineral densitometry (BMD) examination?

A BMD scan is done to measure an individual's bone mass density, most commonly in the hips and lumbar spine. The measurements are used for the diagnosis of osteoporosis.

Osteoporosis is a disease characterised by the loss of bone mineral, leading to bone fragility. The hips and spine are most prone to fractures in patients with osteoporosis, and preventing fractures is critical especially in the elderly. Such fractures have a significant impact on one's quality of life. Measuring the bone mass and density will enable a doctor/radiologist to evaluate the risk of a fracture, and is useful in assessing a patient's response to osteoporosis.



What can I expect?

- You will need to change into a hospital patient gown.
- Lying on a couch, a radiographer will position you for the scan.
- A scanner will emit a low dose X-ray to form the image required for analysis.
- There will not be any pain or discomfort throughout the whole procedure.
- It is important to refrain from moving to allow us to obtain good quality images.
- The examination will take between 15 to 20 minutes to complete.

How should I prepare?

- You do not need to fast for this examination.
- You are advised not to have a BMD scan in the first week after examinations that involve contrast media such as contrast studies of the stomach and bowels, CT scan, intravenous urography, etc.



Important points to note

- Please inform the radiographer if you suspect that you may be pregnant.
- Please be punctual. Any delay will affect the scheduling of other patients, and your appointment may need to be rescheduled.
- Please inform the Radiology department at 6716 2001 if you are unable to keep the appointment.
- Please bring along all your previous BMD reports, if any.

Appointment

Name:

Age:

Sex:

Examination:

Fee (estimated):

Appointment Date:

Appointment Time:

Referring SOC:

Venue: Radiology department, Tower B - NTFGH Wards,
Ng Teng Fong General Hospital

Notes:

Notes:

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

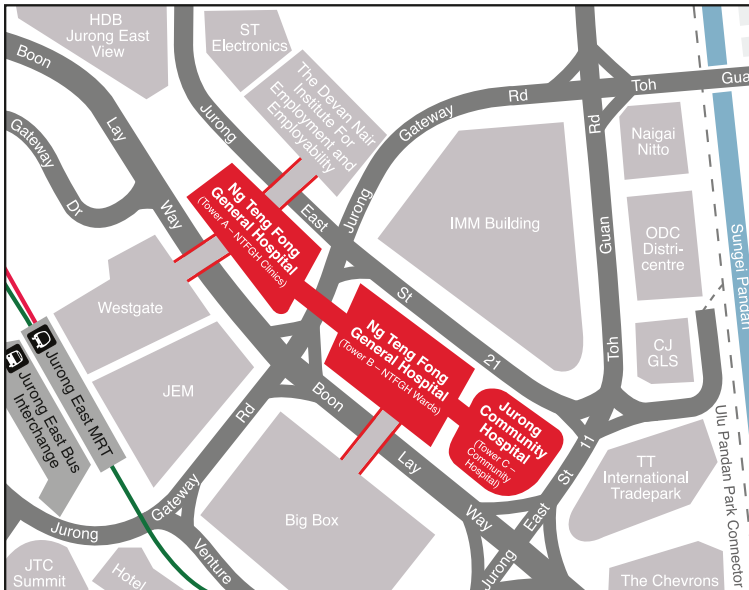
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.