



BONE AND BODY HEALTHSCAN

BONE DENSITY AND BODY COMPOSITION

info@boneandbodyhealth.com.au

DEXA

BODY COMPOSITION REFERRAL

Date: / /

Time of Appointment:

124-126 Camberwell Road, Hawthorn East 3123

ALL APPOINTMENTS Ph: (03) 9041 6633

Name:

Date of Birth:

Address:

Gender:

Telephone:

REQUEST FOR: BODY COMPOSITION

CLINICAL NOTES:

REFERRER DETAILS:

Discipline:

- General Practitioner
- Accredited Practicing Dietitian
- Sports and Exercise Physician
- Accredited Sports/Exercise Physiologist (ESSA)
- Accredited Sports Dietitian
- Other _____

Female patients: is there any chance the patient may be pregnant?

Yes No

REFERRER SIGNATURE:

DATE:

COPIES TO:

RESULTS:

- Electronic report
- Films & report to patient
- Facsimile report
- Request additional referral pads

DEXA BODY COMPOSITION INDICATIONS (please tick at least one):

- Weight loss, suspected or confirmed reduced energy availability
- Suspected/high risk of endocrine disturbance or impaired bone health
- Metabolic syndrome, assessment of visceral adipose tissue
- Assessment of fat distribution in patient undergoing anti-retroviral therapy
- Management of a patient with muscle weakness or poor physical functioning
- Limb asymmetry or wasting post-injury or surgery
- Anorexia with amenorrhea

Assessment of fat and lean mass changes:

- In patients for or undergone bariatric surgery
- In patients on medical diet/weight loss regime resulting in weight loss exceeding 10%
- Body composition assessment/monitoring/setting safe targets for optimal health/performance
- Approved Health screening program
- Approved Research project
- Cushing's/Turners syndrome
- Malabsorption (increased faecal fat, proven coeliac disease, low vitamin D)

Other: _____



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Instructions for your BMD DEXA or Body Composition Scan

Please arrive 10 mins before your booked appointment time.

Morning Appointment: The day before your scan

- Ensure adequate carbohydrate intake the day before your scan. (A recent low carbohydrate intake can increase the risk of depleted muscle glycogen store which can make the measured muscle mass lower than what it actually is)
- Day before – maintain adequate hydration. 1 – 2 glasses of water with each meal and snack. (NO fluids on the morning of the scan)
- **Fasting overnight – a minimum of 12 hours.**
- No chewing gum or smoking prior to scan
- Medication should be taken as normal.
- It is helpful but not essential to wear clothing which is loose and free of metallic attachments such as buttons, zippers, buckles and fasteners.
- Do NOT exercise the day before (preferably) and on the day of the scan. You may resume exercise after the scan. (Excessive training session prior to the day the scan and on the day of the scan, can deplete muscle glycogen and lower the actual muscle mass).

Afternoon Appointment: The day before your scan

- Do NOT exercise the day before (preferably) and on the day of the scan. You may resume exercise after the scan. (Excessive training session prior to the day the scan and on the day of the scan, can deplete muscle glycogen and lower the actual muscle mass)
- Ensure adequate carbohydrate intake the day before and the morning of your scan. (A recent low carbohydrate intake can increase the risk of depleted muscle glycogen store which can make the measured muscle mass lower than what it actually is)
- **Fast for a minimum of 4 hours (NO Food or Drink)**
- Avoid beverages with caffeine or other stimulants on the morning of your scan
- **Prior to fasting** – maintain adequate hydration. 1 – 2 glasses of water with each meal and snack.
- No chewing gum or smoking prior to scan

Day of your scan

- Free undercover parking available
- Remove ALL jewellery including and body piercing (if possible)
- **Remember to be FASTED prior to scan, NO food or fluids**
- You **MUST** notify the technologist if you are pregnant
- If for some reason you are unable to attend it is important that you please contact us on **(03) 90416633** and we can reschedule at a time that is convenient.

