MeasureUp for your health

Your bone density appointment details

Bring your Medicare card & this referral with you for your bone density scan

Day: Date: Time:

Location:

To book your bone density appointment please phone 1800 10 11 63

Referral for a Bone Density Scan

Patient details

Name: Date of birth: Gender: ☐ Male ☐ Female

The Lumbar Spine & Hip are recommended for osteoporosis testing in adults. If one of these sites is not available we will scan the Wrist as the second site.

Clinical Details:

Referrers details

Name: Date:

Signature:

Place Stamp Here

TO ENSURE BULK BILLING, PLEASE SELECT AN ITEM NUMBER

☐ **1. Item 12320 is performed if:**
(a) the patient is 70 years of age or over, and
(b) either:
(i) the patient has not previously had a bone densitometry test; or
(ii) the T-score for the patient's bone mineral density is -1.5 or above;
(iii) patient's last bone density test was prior to 1st November 2017 under Item 12323
1 service only in a period of 5 years (*see note to referrers*)**

☐ **2. Item 12306 is performed if:**
(a) confirmation of a presumptive diagnosis of low bone mineral density made on the basis of one or more fractures occurring after minimal trauma; or
(b) monitoring of low bone mineral density proven by bone densitometry at least 12 months previously, patient's lowest T-score is -2.5 or less;
1 service only in a period of 2 years

☐ **3. Item 12322 is performed if**
(a) the patient is 70 years of age or over; and
(b) the T-score for the patient's bone mineral density is less than -1.5 but more than -2.5
1 service only in a period of 2 years

☐ **4. Item 12312 is performed if for the diagnosis and monitoring of bone loss associated with 1 or more of the following conditions:**
(a) prolonged glucocorticoid therapy;
(b) any condition associated with excess glucocorticoid secretion;
(c) male hypogonadism;
(d) female hypogonadism lasting more than 6 months before the age of 45;
1 service only in a period of 12 consecutive months

☐ **5. Item 12315 is performed for the diagnosis and monitoring of bone loss associated with 1 or more of the following conditions:**
(a) primary hyperparathyroidism;
(b) chronic liver disease;
(c) chronic renal disease;
(d) any proven malabsorptive disorder;
(e) rheumatoid arthritis;
(f) any condition associated with thyroxine excess;
1 service only in a period of 2 years

☐ **6. Item 12321 is performed for a significant change in therapy e.g. a change in the class of drugs rather than for a change in the dosage regime for;**
(a) established low bone mineral density; or
(b) confirming a presumptive diagnosis of low bone mineral density made on the basis of one or more fractures occurring after minimal trauma;
1 service only in a period of 12 consecutive months

****Note to referrers regarding Item 12320**

If your patient has previously been scanned under Item 12320 or you are using Item 12320 as an initial screening, the lowest T-score result from the scan will determine which Item to use for their next bone densitometry scan. If the patients lowest T-score is less than -1.5, they will be eligible for a follow up scan 12 months after their initial bone densitometry test however, it is up to the practitioner to decide if this is **clinically necessary**.

See below for T-score results and corresponding Items.

- Patient's lowest T-score is -1.5 or above: Use Item 12320 for their next test. Patient is eligible for their next bone densitometry test 5 years from previous test and then every 5 years thereafter until a change in T-score to one of the options below.
- Patient's lowest T-score is less than -1.5 and greater than -2.5: Use Item 12322 (#3). Patient is eligible for a bone densitometry test every 2 years thereafter.
- Patient's lowest T-score is -2.5 or less: Use Item 12306 (#2). Patient is eligible for a bone densitometry test every 2 years thereafter.

* Items 12306, 12312, 12315, 12321 can be used for patients under 70 years of age.

MeasureUp for your health

My Bone Density Scan

Procedure

A bone density scan is a simple, non-invasive and painless exam to measure bone mass in areas such as your lumbar (lower) spine and hip. The standard test uses a low dose X-ray to detect signs of bone thinning and mineral loss.

The scan measures the density of the spine and hip. The forearm is measured in people with hyperthyroidism or if either hip or spine cannot be scanned.

A bone density scan takes about 10 minutes, including registration. During the procedure, you will lie on a table scanner for 2-3 minutes. A technologist will sit next to you throughout the procedure.

Preparation

A bone density scan requires little preparation. You may eat normally and take medications as prescribed by your doctor the morning of your test (except calcium supplements on the morning of the test).

The only restrictions are:

Patients are requested to wear comfortable clothing without metal e.g. no zips, jeans with studs and for females underwire bras or bras with metal clasps at the back or any other metal closures.

- The exam should not be performed within 72 hours of a nuclear bone scan.
- The exam should not be performed within one week of a barium study (e.g. barium meal, barium enema etc).
- Any previous bone density scans should be brought along to your appointment.

Results

The results of your bone density scan will be received by your doctor. The bone density test will enable your doctor to determine if you're at risk for fractures and require further evaluation. The lower your bone density, the higher your risk for fracture. Test results also help you and your doctor plan the best course of action for your bone health. We recommend you book an appointment with your doctor no less than 1 week from the scan date to discuss your results.

Where do I go?

As this is a mobile service, we generally scan outside your medical centre or close by in your town. You will receive an automated confirmation message before your scan with the exact scan location.