

Arthritis & Osteoporosis Center
A. Shams Pirzadeh, M.D., F.A.C.R.
716 Maiden Choice Lane #301
Catonsville MD 21228-5938
410.788.2000

We look forward to seeing you!

Your Bone Density Test is Scheduled for:

The bone density test is painless and easy.

The test should take approximately 20 minutes.

To prepare for your appointment,
please note the following recommendations:

- Do not take any Calcium supplements, multivitamins with Calcium, Rolaids or Tums, 24 hours before your test.
- Avoid wearing clothing with the following: Buckles, belts, zippers, snaps, rivets or buttons that may have metal (if at all possible).
- Wear comfortable clothing without any metal around your waist, hips, or chest (sweat pants, sports bra or T-shirt is preferable).

NOTE: If your clothing contains metal, you may have to put on a gown due to metal interfering with the scan.

<p>***** In the past 7 days if you had any nuclear medicine studies, such as a CT scan with IV contrast or Barium-type studies, you will have to reschedule your appointment. These tests will interfere with the results of your scan.</p>

If you have any questions, please do not hesitate to contact our staff at 410.788.2000. Also, if you need to change your appointment, kindly call us at least 24 hours in advance.