

# We're looking forward to seeing you!

**YOUR BONE  
DENSITY TEST  
IS SCHEDULED FOR**

\_\_\_\_\_  
**DATE**

\_\_\_\_\_  
**TIME**

## **PEEL AND PLACE THIS STICKER IN YOUR DATE BOOK OR ON YOUR CALENDAR**

The bone density test is painless and easy.  
This test should take about 20 minutes.

To prepare for your appointment, please:

- Do not take any calcium supplements for 24 hours before your test
- Wear comfortable, loose clothing, such as sweatpants and a T-shirt
- Do not wear clothing with metal such as zippers, snaps, buttons, or buckles
- Do not wear jewelry

Contact us if you have any questions.

If you need to change your appointment, please call at least 24 hours in advance.