



The Seattle Arthritis Clinic

10330 Meridian Avenue North
Suite 250 ▪ Seattle, Washington 98133
Ph: (206) 368-6123 ▪ Fax: (206) 368-6178
www.theseattlearthritisclinic.org

BONE DENSITY (DXA) REFERRAL FORM

Patient: _____ **Date:** _____

How to schedule?

Please complete this form and give it to the patient. Patient information and map are located on the reverse side.

Test requested (check all that apply):

- Comprehensive DXA Testing, which includes:
Clinical risk questionnaire; height measured by stadiometer; spine and hip site testing; wrist site added at no cost if clinically indicated; and ISCD trained physician analysis and report.
- Additional special requests? Please specify: _____

Reason for DXA testing (check all that apply):

- Low-trauma (fragility) fracture, site: _____
- Estrogen deficient woman at clinical risk for osteoporosis
- Abnormal x-ray indicating vertebral fractures or low bone density
- Long-term corticosteroid use (past, present or planned)
- Monitoring response to osteoporosis drug therapy
- Monitoring bone density in the setting of medication use with known adverse bone effects (e.g. aromatase inhibitors, anti-epileptics, anti-hormonal therapy etc.)
- Other reasons (please specify): _____

Provider: _____

Signature: _____

- Report mailed to your office within 7 days; or
- "Fax only" report within 3 days. Fax #: _____



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PATIENT INFORMATION

How to schedule?

- Call (206) 368-6123 and ask to schedule a "Bone Density Test"
- Bring this form with you to your appointment, give to the x-ray technician performing your test.

How is a bone density (DXA) test performed?

You will be asked to lie comfortably in a private room on a padded table for about 5 minutes while the bone density technician performs the test. There is no discomfort or injections. You will not be enclosed in any way. This is an x-ray test with minimal x-ray exposure.

How to prepare for a bone density (DXA) test?

- Do not take calcium pills within 12 hours of your DXA scan.
- Please wear clothing that does not contain metal (zippers, buttons, hooks, etc.) near the hip or spine area.

Who should not have this test?

- You should not have this test if you are pregnant.
- If you had a nuclear medicine bone scan, or an x-ray test with contrast material (i.e. barium), you should wait 2 weeks before having a bone density test.

Directions to The Seattle Arthritis Clinic:

- From I-5, take exit 173.
- Turn west on Northgate Way.
- At Meridian Ave. North, turn left (south)
- Proceed thru the first light (.3 miles) and the entrance will be on your left. The building's main entrance is in the lower parking lot, closest to the freeway.

We are located on the 2nd floor of the Northwest Outpatient Medical Center.

