

Bone Metabolic Study

On the night before the test

- a) DO NOT EAT ANYTHING AFTER 10 pm.
- b) You must REMAIN FASTING until the completion of the test the next morning.
- c) YOU MAY DRINK AS MUCH WATER AS YOU WANT

On the morning of the test

- a) Go to the toilet when you get out of bed and empty your bladder.
- b) Drink at least 2 glasses of water (more than 2 glasses is also fine if you are thirsty).
- c) HAVE NOTHING TO EAT or SMOKE.
- d) DO NOT DRINK tea, coffee, milk or fruit juice.
- e) DO NOT TAKE your medications including calcium, fluoride, vitamin D or diuretics tablets until AFTER your test. (unless instructed by your medical practitioner)

Before leaving home

- a) You may empty your bladder if necessary.
- b) You should try to arrive at the Collection Centre on the morning of the test before 10 a.m.
- c) On arrival at the collection centre you will then be asked to sit quietly for about 10 minutes, after which a sample of blood will be taken and you will be asked to pass an amount of urine into a MSU container.



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