

## **FASTING METABOLIC BONE STUDY NSW**

**This test must be done at least 14 days prior to your next visit with the doctor.**

This is a means of assessing patients with osteoporosis or reduced bone mass and the results of this study may significantly influence management decisions. The most important parts of this study are an assessment of calcium status of the patient, taken in conjunction with the Serum Vitamin D and PTH levels and an assessment of bone turnover. The usual means of assessing bone turnover is to assess this with a bone breakdown (resorption) marker. A number of serum and urine markers are available. The serum CTX assay is available in NSW and will provide an estimate of the degree of bone breakdown occurring in the patient. A bone formation marker (PINP) is also available. Each test needs to be requested separately on the form. Results are available about two weeks after requesting them.

Patients need to follow specific fasting instructions on the night before the test and on the morning of the test. These are outlined below:

### **FASTING METABOLIC BONE STUDY INSTRUCTIONS**

On the **NIGHT BEFORE THE TEST:**

- DO NOT EAT ANYTHING AFTER 10PM
- You must REMAIN FASTING until the completion of the test the next morning.
- YOU MAY DRINK AS MUCH WATER AS YOU WISH.

On the **MORNING OF THE TEST:**

- EMPTY your bladder on rising
- HAVE NOTHING TO EAT & DO NOT SMOKE
- DRINK ONE GLASS OF WATER
- DO NOT DRINK tea, coffee or milk

DO NOT TAKE your CALCIUM tablets 24 hours prior to the test **BUT** take your normal medications (unless instructed not to do so by your medical practitioner).

Before leaving home, YOU MAY EMPTY YOUR BLADDER IF NECESSARY.

YOUR TEST will involve taking a blood and a urine sample in a special container.

Dr Rob Will

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