

FASTING METABOLIC BONE STUDY

This is a means of assessing patients with osteoporosis or reduced bone mass or a history of minimal trauma fractures. 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 most commonly available biochemical marker is the Urine N-Telopeptide level (NTx) / creatinine ratio which is done by Pathwest at QE II Medical Centre. This biochemical assay will provide an estimate of the degree of bone breakdown. A bone formation marker (PINP) is available. The PINP level has to be requested separately on the same form. Results are available about two weeks after requesting them and a clinical interpretation of the results is provided by PathWest.

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.

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 on the night prior and the morning of 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.