

With any medical test it is important that other factors do not interfere with your test result. Please read and follow these instructions carefully.

The average adult absorbs only 20 to 30% of dietary calcium. Patients with osteoporosis absorb even less, diminishing the effect of calcium supplements given to prevent bone loss. Your doctor has decided to measure your calcium absorption to see if you might benefit from treatment to improve it.

**About your test**

The test requires that you fast from midnight, and attend the SA Pathology Patient Centre in the morning. A baseline blood sample will be collected. You will then be given a drink of calcium in water containing a small amount of radioactive tracer. One hour later a second blood sample is taken to see how much calcium has been absorbed.

The dose of radioactivity is one tenth of the National Health and Medical Research Council allowable level for volunteers in a year; about half of the natural background radiation level. While this is considered to be a safe dose it is important that you are not pregnant when the dose is given. Please notify the nurse if this is a possibility.

If you are nauseated or at risk of vomiting you should delay the calcium absorption test until you recover.

1. You must not eat or drink anything from midnight the night before your test.
2. It is important that you notify staff if you are pregnant.

**Your results**

Your doctor will advise you when results are available.



**Appointment details**

Please make an appointment at least two days before your test.

To book call SA Pathology on 8222 3000.

Date \_\_\_\_\_

Time \_\_\_\_\_

**Patient Centres**

For Patient Centre locations and latest opening hours visit our website [www.sapathology.sa.gov.au](http://www.sapathology.sa.gov.au) or phone (08) 8222 3000.