

# Fasting Metabolic Bone Study (FMBS)

NO BOOKING REQUIRED



This test is performed at all PathWest collection centres. Please attend a collection centre before 10am for your test.



## Prior to the test

- At least 24 hours before the test, avoid taking calcium, fluoride, vitamin D or diuretic supplements.
- You can take your regular medication (unless otherwise directed by your doctor).

## The night before the test

- Fasting is required for at least **10 hours** before the test.
- This means no liquids (other than water) or food, including tea, coffee, juice, milk, chewing gum or cough lozenges, as these can affect your results. You may drink water if thirsty.
- You must remain fasting until the completion of the test the next morning.

## The morning of the test

- Do not eat, drink or smoke.
- Go to the toilet and empty your bladder.
- You may drink one glass of water if thirsty.

A Fasting Metabolic Bone Study is a blood and urine test used to assess calcium, phosphate, vitamin D, PTH and bone markers.

It can be used to assess and monitor osteoporosis, other bone disorders, renal stones and parathyroid conditions.

This test involves taking a blood and a urine sample in a special container.