

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.



Scan for locations

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 continue fasting until the test is finished the next morning.

The morning of the test

- Go to the toilet and empty your bladder.
- You may drink one glass of water if thirsty.
- Avoid taking calcium supplements. You can take your regular medication (unless otherwise directed by your doctor).
- Do not eat, drink or smoke.

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.

Disclaimer: This publication is for general education and informational purposes. Contact a qualified healthcare professional for any medical advice needed.
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