

Bone Metabolic Study

On the night before the test

- a) DO NOT EAT ANYTHING AFTER 10 pm.
- b) You must **REMAIN FASTING** until the completion of the test the next morning.
- c) **YOU MAY DRINK AS MUCH WATER AS YOU WANT**

On the morning of the test

- a) Go to the toilet when you get out of bed and empty your bladder.
- b) Drink at least 2 glasses of water (more than 2 glasses is also fine if you are thirsty).
- c) **HAVE NOTHING TO EAT or SMOKE.**
- d) **DO NOT DRINK** tea, coffee, milk or fruit juice.
- e) **DO NOT TAKE** your medications including calcium , fluoride, vitamin D or diuretics tablets until **AFTER** your test. (unless instructed by your medical practitioner)

Before leaving home

- a) You may empty your bladder if necessary.
- b) You should try to arrive at the Collection Centre **on the morning of the test before 10 a.m.**
- c) On arrival at the collection centre you will then be asked to sit quietly for about 10 minutes, after which a sample of blood will be taken and you will be asked to pass an amount of urine into a MSU container.