

# Having an X-ray

Information for Patients

LARGE PRINT



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## Information for Patients

### Introduction

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This leaflet tells you about having an X-ray - it explains how the test is done, what to expect, and what the possible risks are.

If you have any questions or concerns, please speak to your referring doctor or GP.

### What is an X-ray?

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An X-ray test is a quick and painless way for doctors to diagnose and monitor many health conditions. An x-ray machine generates a small dose of x-rays to produce pictures of the structures inside the body, which can be viewed on a computer monitor.

X-ray tests are frequently used to assess bones and joints. A chest X-ray is often part of the routine assessment of heart and lung problems. It may also form part of an assessment prior to a general anaesthetic. Abdominal X-ray are sometimes used to assess the internal structures and organs.

## Are there any risks?

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X-rays are of a type of radiation known as ionising radiation. The dose that you get from a medical x-ray is very low and the associated risks are minimal. They are similar in strength to other sources of natural radiation that people are exposed to everyday without even realising it. The radiographer is responsible for making sure that your dose is kept as low as possible and that the benefits of having the x-ray outweigh any risk.

## What do I need to do before my X-ray?

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There is no specific preparation for an X-ray. You should continue to take your medications as normal

### **Pregnancy**

Patients are asked to contact the Radiology department if there is a possibility of being pregnant. This test uses radiation and there may be a risk to the unborn baby if carried out whilst pregnant.

### **Reasonable Adjustments**

If you need to reschedule or require any reasonable adjustments to support your appointment, please let us know in advance

## What happens during the examination?

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You will be taken into the X-Ray Room and asked to sit or stand in front of the detector or lie down on the x-ray table. The area to be examined is exposed while the rest of the body is covered. The lighting in the room is usually dimmed. The Radiographer will go behind a screen to make the x-ray exposure. You will be asked to stay still and sometimes to follow specific breathing instructions.

You may be asked to move into different positions for other X-ray views. Holding a position or lying on the x-ray table may feel uncomfortable, but the X-ray itself is painless.

## How do I get my results?

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A Radiologist (X-ray doctor) or Radiographer who is trained to interpret X-rays will review your images on the computer monitor and send a report to your doctor. Your GP or hospital Consultant who referred you for the test will see you to discuss the results.

## Any questions?

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We will do our best to make your visit as comfortable and stress free as possible. If you have any questions, please contact our admin team on 01761 422250 or email us at [radiology@sulishospital.com](mailto:radiology@sulishospital.com)