

Having an X-ray

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Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Introduction

This leaflet aims to answer your questions about having an x-ray.

It explains the benefits, risks and alternatives, as well as what you can expect when you come to hospital.

If you have any further questions, please speak to your doctor, radiographer or nurse.

What is an x-ray?

X-rays are similar to light, except that they have a much higher frequency which makes them invisible to the naked eye.

An x-ray is a widely used diagnostic test, to examine the inside of the body by creating an image much like a photograph.



Notes

Results

When will I get the results?

Your x-ray will be studied by a radiologist (a doctor who interprets x-rays to diagnose illnesses) or a specially trained radiographer and the results will be sent to the doctor who referred you.

The radiographer will tell you how to get your results and how long it will take, as this may be slightly different for each patient.

You may already have an appointment with the doctor who referred you. If not, please contact them to arrange a time to talk about the results and any treatment you may need.

If you are staying in hospital, the results will be given to the doctors looking after you on the ward.

What should I do if I have a problem?

You should not have any problem that is a result of the x-ray.

If you feel your condition has changed, or you need further medical advice before receiving your results, please make an appointment with the doctor that referred you, or in an emergency, go to your local accident and emergency (A&E) department.

How can I prepare for an x-ray?

If you were given a form from the doctor who referred you for an x-ray, such as your GP, please bring this with you.

Clothes: There are various items of clothing that can affect the quality of the x-ray and you may be asked to remove them and wear a hospital gown.

If you do not wish to change into a hospital gown then please do not wear clothing with zips, metal, buttons, embellishments or that are made out of thick material.

You may also be asked to remove jewellery, dentures, glasses and any metal objects or clothing that might interfere with the x-ray images.

The items that need to be removed will depend on the type of examination that you are having.

Risks

What are the risks?

X-rays are 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 ever 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. Each x-ray request will be checked by the radiographer to make sure it is properly justified and necessary. An x-ray is very quick and no appointment is needed. It is often the first point of investigation to help the doctor decide if any other forms of imaging or tests are needed.

For Further information visit:
www.ukhsa-protectionservices.org.uk/radiationandyou



On the day of x-ray

Who will I see on the day?

Your x-ray will be performed by a radiographer, assistant practitioner and with your consent, a student radiographer.



Radiographer



Assistant
Practitioner



Student

What happens during an x-ray?

Your x-ray will be performed by a radiographer. A student radiographer may take the x-ray under constant supervision from a qualified radiographer. You may be asked to change into a hospital gown. There are many different x-ray examinations and depending on your particular examination you may be asked to remove certain items of clothing and jewellery. The radiographer will ask you to confirm some details, including your identity. You will then be asked to move into different positions in order to take the x-ray. Some x-ray examinations require the use of different equipment in different rooms. This may appear that people are going in ahead of you but do not worry all patients are imaged in order of appointment time or priority. If you are waiting **over 30 minutes**, please check with the receptionist you have been booked in correctly.

Giving my consent (permission)

The radiographer will ask you if you are happy for the x-ray to go ahead. This is a form of verbal consent and may only involve the radiographer checking you are booked for the correct x-ray. If you do not wish to have the x-ray or are undecided, please ask the radiographer so that they can answer any questions you may have.

Remember, it is your decision. You can change your mind at any time and your wishes will be respected. However, not having the x-ray may delay your diagnosis as the doctors may not have all the needed information.

If you are pregnant or planning on becoming pregnant:

X-rays can be harmful for an unborn baby and should be avoided if you are pregnant or planning a pregnancy

Relatives and escorts: You may bring a friend or relative with you to the x-ray department when you have your x-rays, although they will not normally be allowed into the examination room.

Will I feel any pain?

You cannot feel x-rays and so the procedure itself is painless. However, it is important for the radiographer to get you into the correct position. Holding this position or lying on the x-ray table may, for some people, feel uncomfortable, but for the majority of patients this is not the case.

What happens after an x-ray?

The radiographer may ask you to wait in the department while they check that no more x-ray pictures are required. As soon as the radiographer is satisfied that no more x-rays are needed, you will be free to leave the department.