

Having a Chest X-ray

Patient leaflet

**If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Introduction

This information aims to answer your questions about having a Chest X-ray. It explains the benefits, risks and alternatives, as well as what you can expect when you come to the hospital. If you have any further questions, please speak to your referrer or the Radiographer performing your scan.

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.



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 that are made out of thick material. You may also be asked to remove jewellery, and any metal objects or clothing that might interfere with the X-Ray images.

What are the risks?

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 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:

<https://www.ukhsa-protectionservices.org.uk/radiationandyou/>



On the day of your X-ray

What happens during an X-ray?

Your X-Ray will be performed by a Radiographer or an Assistant Practitioner. 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. 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 that 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.

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?

If the X-Ray does not provide enough information about why you are having these symptoms, you may need a Computed Tomography (CT) scan. If possible, this will be done whilst you are in the department, alternatively, you may be called back for one within a few days of your X-Ray. In order to be able to contact you urgently, please make sure the contact details we have for you are correct, including a mobile phone number and email address if you agree to be contacted by text or email.

If you do not need a CT scan, the results of your chest X-Ray will be sent back to your GP.

Finally

The pictures taken during the examination are studied carefully and a detailed report is produced. The results will be sent to the person who referred you for the test. They will discuss the results with you and any treatment you may need.

You may already have an appointment with the team who referred you. If not, please contact them to arrange one to discuss the results of this test.

If you have any further questions, please do not hesitate to call the Radiology Department via the number given on your appointment letter.

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.

Whiston Hospital – Outpatients X-Ray Department – Level One – Yellow Zone
Monday to Friday - 9.00am to 4.30pm

St Helens Hospital – Radiology Department – Ground Floor – Orange Zone
Monday to Friday - 09.00am to 7.30pm

Millennium Centre, St Helens
Monday to Friday - 09.00am to 6.30pm -
Saturday and Sunday - 09.00am to 4.30pm

Newton Community Hospital
Monday to Friday - 9.00am to 4.30pm

Widnes Walk-in Centre
Monday to Sunday - 08.00am to 7.30pm

Southport and Ormskirk hospitals including GP referrals/dental—appointment only please contact the department on the phone number in your appointment letter.
Monday to Friday from 09.00am to 4.30pm

Ormskirk only

Chest X-Rays (no appointment needed)
Monday to Friday from 09.00am to 4.30pm

As this is a teaching hospital there may be students and observers present during your examination as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Whiston Hospital
Warrington Road,
Prescot,
Merseyside,
L35 5DR
Telephone:
0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens,
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WA9 3DA
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