

Who can I contact if I have any questions?

If you need to cancel or rearrange your appointment please contact the x-ray booking team on **01691 404946** or **01691 404947**

If you would like to discuss your x-ray referral please contact your Consultant's secretary via the hospital switchboard **01691 404000**

Further information

If you would like to know more, you might find the following websites useful:

www.bir.org.uk/useful-information/links-for-patients.aspx

www.iaea.org/resources/rpop/patients-and-public/x-rays

www.gov.uk/government/publications/medical-radiation-patient-doses/patient-dose-information-guidance

If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Feedback

Tell us what you think of our patient information leaflet. Please send your comments to the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

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Information for patients X-ray (outpatient referral)



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Imaging

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Introduction

The clinician in charge of your care has requested that you have an x-ray to help with your diagnosis. An x-ray is a quick and painless procedure commonly used to produce images of the body.

What is the procedure?

X-rays are a type of radiation that can pass through the human body. As they pass through, some of the x-rays are absorbed by parts of the body. Dense parts of your body, such as bone, are difficult for the x-rays to pass through compared to softer parts of the body, and they will show up on the x-ray image.

A Radiographer is a trained healthcare professional who will carry out your x-ray examination. You will be asked to lie, stand or sit for the x-ray and the Radiographer will carefully position your body to obtain the best image. Often more than one image is obtained. The Radiographer will place a detector next to the area to be examined to pick up the x-rays as they pass through your body.

The information collected on the detector is then turned into a digital image.

How do I prepare for the procedure?

You will not need to do anything special prior to your x-ray examination.

You can eat and drink as normal and take your normal medications.

However, if you are pregnant please let us know, as x-rays are not usually recommended in pregnancy unless it is an emergency.

You may be asked to put on a hospital gown before your x-ray. You may prefer to wear loose fitting clothing, without zips and metal fastenings, as you may be able to wear these instead. Try to avoid wearing jewellery or have anything in your pockets as this may show up on the x-ray images and make interpretation more difficult. Please leave valuables at home.

If you have any additional needs you think we should know about prior to your appointment please contact us on Tel: **01691 404946** or **01691 404947**

What are the benefits of the procedure?

An x-ray examination is an effective way of looking at an individual's bones and joints, as well as some conditions of the soft tissues, for example the lungs.

It can be used to help detect a range of conditions, monitor known conditions and in planning for any surgery. Your referring clinician will have explained the benefits of the examination to you.

What are the risks of the procedure?

We are all at risk of developing cancer from natural background radiation in the environment. An x-ray of your chest or limbs is only equivalent to a few days' worth of natural background radiation. Being exposed to x-rays carries a slight risk of causing cancer many years or decades after exposure.

Your x-ray examination will only add very slightly to this overall lifetime risk. The benefit from the examination in helping with your diagnosis will far outweigh this extra risk. More detailed information is available on request, please ask the Radiographer.

What happens after the procedure?

Your x-ray images will be available for your Consultant to view immediately. You may have an appointment in the outpatients department on the same day as your x-ray examination, or your Consultant may follow you up on a later date. Please ask at the main reception if you are unsure.