

Having an X-ray

Department of Radiology

Information for Patients

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If you are an outpatient please read your appointment letter to check which hospital your appointment is at. This leaflet tells you about your X-ray exam.

What is an X-ray exam?

X-rays can be used to look at bones, teeth, the chest and the tummy (abdomen).

An X-ray machine directs a beam of X-rays through part your body onto an X-ray detector. The machine then makes an X-ray picture showing the structures of the body.

How do I get ready for the X-ray exam?

You do not need to do anything to get ready before you come to the hospital. It may be helpful to wear loose clothes without zips or clips.

What happens during the X-ray exam?

When you get to the Radiology Department reception, we check your details and tell you which waiting area to go to. You may have to wait if we are very busy. We may ask you to take off any jewellery. We may show you to a cubicle to take off some of your clothes and put on a hospital gown.

We will take you into the X-ray room and ask you some questions. You can ask any questions that you have. We will ask you to stand, sit or lay down in position for your X-ray. You may need to be in different positions for different X-rays. You will have to keep still. We may ask you to hold your breath for a few seconds. We will be able to see and hear you at all times.

Most X-ray exams take 10 to 15 minutes. X-rays for more than 1 part of your body can take longer.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Who will be doing the X-ray exam?

Someone trained to take X-rays will do the X-ray exam. This will be a radiographer or assistant practitioner. A radiology assistant may also be in the room to help. We are a teaching hospital so a student may also be in the room. Please tell us if you do not want a student in the room.

How do I get the results?

You will not get the results straight away. We will tell you how to get your results after the X-ray. An X-ray doctor (radiologist) or specialist radiographer will read your X-ray pictures. The results will go to the doctor or nurse who wanted you to have the X-ray.

What are the risks from exposure to radiation in this X-ray exam?

The main risk from exposure to X-rays is a higher risk of getting a cancer in the future. This risk is thought to be very small. We are all exposed to natural background radiation every day of our lives. This comes from the sun, the food we eat, and the ground. Each test that uses X-rays gives a dose on top of this natural background radiation.

The radiation from a chest, arm or leg X-ray is about the same as receiving a few days of natural background radiation. The radiation for a spine or hip X-ray is about the same as receiving a few months of natural background radiation. The benefits of having this test are likely to outweigh any possible risks. The risks of not having the test could be greater. We try to keep your exposure to X-rays as low as possible.

The risks of radiation are slightly higher for an unborn child. We must ask all patients age 10 to 15 years registered female and all patients aged 16 to 55 years about their periods and/or possibility of being pregnant.

What if I need to talk to someone?

If you have any questions or concerns, or cannot make the appointment:

Please call the Radiology department on **0116 258 8765** and select **option 5**. Monday to Friday 9am to 5pm, but not on bank holidays.



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk