



# FACT SHEET

Niagara Health is pleased to provide you with general information about your upcoming exam.

## WHAT IS AN X-RAY?

An x-ray is invisible radiation which passes through the body and produces images of the structures inside your body, particularly your bones.

## WHY IS IT DONE?

X-ray technology is used to examine many parts of the body including your bones, lungs, and abdomen.

## WHAT IS THE RADIATION EXPOSURE?

The amount of radiation dose you receive during an x-ray is small and the risk of any damage to cells in your body is low.

## WHAT SHOULD I BRING TO MY APPOINTMENT?

Please bring your Ontario Health Card.

Please note that the Niagara Health System is a scent-free environment.

## WHAT IF I COULD BE PREGNANT?

Please tell the Medical Radiation Technologist if it is possible that you are pregnant. The test may have to be either modified or delayed.

## HOW IS THE X-RAY PERFORMED?

A Medical Radiation Technologist positions your body to obtain the necessary views. You cannot feel the x-rays passing through you. Sponges or sandbags may be used to help you hold the proper position. To decrease the possibility of a blurry image, you will be asked to remain still or hold your breath.

## HOW LONG WILL MY EXAMINATION LAST?

The x-ray exam may take only a few minutes or more than an hour with a more involved procedure. Repeat views may be necessary in order to obtain better quality images.

Your exam start time may be delayed if there are emergency cases.

## WHAT IF MY CHILD IS HAVING AN X-RAY?

If a young child is having an x-ray, immobilization techniques may be used to help keep him or her still. These will not harm your child, and will prevent the need for a repeat procedure, which may be necessary if the child moves during the x-ray exposure. The Medical Radiation Technologist will explain the procedure and immobilization techniques to you and, if possible, you may be allowed to remain with your child during the test. You will be asked to wear protective shielding to protect you during the x-ray exposure.

## WHAT DO I EXPECT AFTER THE X-RAY?

After a routine x-ray, you can resume normal activities.

## HOW DO I RECEIVE THE X-RAY RESULTS?

The pictures are reported by specially trained doctors. The results are sent to your doctor.