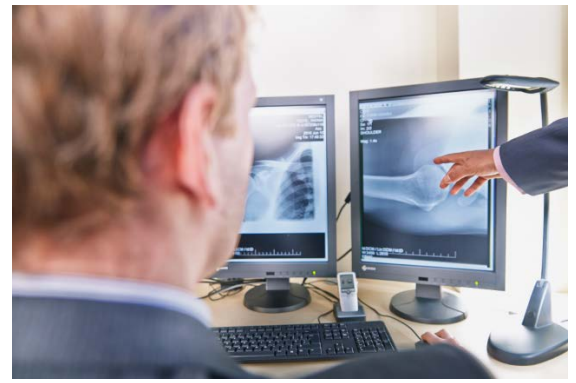




## X-RAY

### What to expect from an x-ray as a comforter or carer



#### What is an x-ray?

An x-ray is a simple and painless test that takes detailed pictures of the inside of the body. X-rays are a form of radiation energy able to pass through human tissue. The x-ray machine uses a tube to produce an x-ray beam which is carefully aimed on the part of the body being examined.

#### Will I be exposed to radiation during the scan?

You will be exposed to a small amount of radiation but the screen or lead apron will help to provide protection from it.

We are all exposed to natural background radiation every day from the earth, the air, building materials, food, and even outer space (cosmic rays). The average annual background radiation exposure in the UK is 2.7 mSv (milli-Sieverts) (PHE 2011). The maximum radiation that you will be exposed to during an examination in General Radiology will be about 0.1 mSv. This is equal to about 13 days of natural background radiation. This has a negligible additional risk of cancer (HSE 2013).

#### Your role as comforter and carer:

You can be authorised to stay in the room to comfort and calm the patient you are with if needed. This will help them to remain still and avoid repeat radiation exposures that may be necessary if they move. Your reassurance will also help to make the scan a more pleasant experience for them.

You should not be a comforter or carer if you are or think you could be pregnant.

#### What can you expect during their scan?

Depending on the type of x-ray, we will ask the patient to lie on a table, sit or stand.

You will either be asked to stand behind a screen whilst the x-ray is taken, or you will be provided with a lead PPE which a radiographer will help you put on. This provides a protective layer of lead over the body in order to protect you from the radiation whilst the images are taken.

#### How long will it take?

The x-ray will typically take no longer than 5 to 10 minutes.

#### How does the patient receive their results?

After the scan, if the patient is a private patient the radiographer will provide them with a CD of their images to take away. (We do not usually issue CDs for non-private patients, unless the doctor or consultant who referred the patient has asked us to).

A radiologist will write a report and send it to the doctor or consultant who referred the patient, usually within 48 hours. The report will contain a summary of the radiologist's findings and their recommendations for further follow-up.

The patient will need to arrange an appointment to discuss the report with the doctor or consultant who referred them for the x-ray.

#### Further questions

If you have any further questions or worries please do not hesitate to reach out to a member of our team. The comfort and safety of you and the patient is of utmost importance to us.

For further information, including contact details and directions on how to find us, please visit our website: [www.harleystreet-medicalcentre.com](http://www.harleystreet-medicalcentre.com).

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We are committed to providing clean, safe premises for our clients in line with the Health and Social Care Act 2012, Code of Practice on the Prevention and Control of Infections and related guidance (December 2010) and all other Department of Health guidance.