

X-RAY

How to prepare for your appointment



Preparation for the scan:

- **Clothing:** Wear plain clothing containing no metal and minimal jewellery. Depending on the area to be X-rayed, you may be asked to change into a hospital gown.
- **Inform** the radiographer if you are pregnant or suspect you might be. The risk/benefit of having an X-Ray while pregnant must be assessed beforehand.

What is an X-Ray:

An X-Ray is a quick and painless imaging test that allows healthcare providers to view the inside of your body. It helps in diagnosing conditions such as broken bones, infections, or abnormalities in organs.

The radiographer will position you correctly for the X-Ray. The radiographer will then step behind a protective barrier to take the X-Ray. You will be asked to remain still and in some cases, you may be asked to hold your breath for a few seconds while the image is captured.

How long will the appointment take?

The appointment usually lasts approximately 15-30 minutes.

Please read below for our FAQ's.

Please take a moment to review our frequently asked questions for additional information. For any questions or concerns, please do not hesitate to contact our friendly staff. Thank you for choosing UME Health for your healthcare needs.

Will I be exposed to radiation?

You will be exposed to a small amount of radiation. 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 (milliSieverts) (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).

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Frequently Asked Questions

How many X-Ray scans can I have?

The number of X-Rays an individual can have depends on the medical necessity and the judgment of the healthcare professional. It is important to balance the benefits of obtaining diagnostic information with the potential risks associated with radiation exposure.

What happens after my scan?

You can leave the department, as soon as you feel comfortable and continue with your usual daily routine.

Any other questions?

If you have any other questions, worries or doubts do not hesitate to ask one of our staff. We want you to feel as comfortable as possible.

