

Patient information

Information about your X-ray examination (child and carer)

If you are unable to keep this appointment, please let us know by calling radiology appointments on **01284 713378**.

What are X-rays?

X-rays are a type of radiation (ray-di-a-tion) that helps to show parts of the inside of your body.

- The X-rays are produced from an X-ray machine.
- Different parts of your body will absorb the radiation in different amounts.
- This is recorded on a hard plate called a 'detector' and an image is created.
- The image is stored on a computer
- A doctor (radiologist) or a radiographer will look at the image and write a report.

Why do I need an X-ray?

You may have had an accident or be feeling poorly so an X-ray can help show broken bones, infections, or other problems.

Who will I see?

When you go into the X-ray room, you will meet a radiographer (ray-di-og-ra-pher). This is a person who takes the X-rays. They will look after you during your X-ray.



What will happen during my X-ray?

When you arrive, we will need to check your name, birthday and where you live.

You may need to remove some clothes that have zips or buttons on as these will show up on your X-ray. Sometimes you will be asked to wear a hospital gown.

The X-ray room may look like this photo. There will be a table and a camera that hangs from the ceiling and can move around the room.

The radiographer will explain what the X-ray is for and what they will do. Then they will ask you to lie on the bed or stand or sit in front of the X-ray detector. This is so that they take a picture of the right part of your body.



Your mum or dad (or someone who has come with you) will usually be able to stay with you.

They may sit with you or stand next to you, whilst wearing a special coat. This stops them having an X-ray.

Sometimes they may just stand behind a screen in the room with the radiographer.

To ensure you are in the correct position for the X-ray the radiographer will ask you if its ok to touch the area being X-rayed, they can then move you into position for the best picture.

The X-ray machine has a bright light which helps show where the X-ray will be taken.

Once you are in position and it's time to take the picture, the radiographer will ask you to stay as still as you can. This is so the picture is not blurry.

There will be a noise while the picture is being taken and then it is all done. You won't feel anything, and it only takes a few seconds.

Sometimes, we have to take another X-ray so you will be asked to move into a different position.

For some X-rays you may be asked to breath in and hold your breath (like breathing under water!)

When your X-ray has been done, we can give you a sticker or certificate.

When will I get my results?

When all the pictures are taken, they will be sent to your doctor. The doctor will then tell you what to do next.

X-rays and pregnancy

- A baby in the womb can be particularly sensitive to the radiation of an X-ray.
- For all patients who are 12-55 years of age and were female at birth, there is a legal requirement to know if there is a possibility of pregnancy before taking an X-ray of the abdomen (tummy) or pelvis (hip) areas *Ionising Radiation (Medical Exposures) Regulations 2017 (IR(ME)R)
- For these examinations the radiographer will need to ask these patients if they have started their periods, and if so, if there is a possibility that they might be pregnant.
- This will be done without the parent/guardian being present depending on the age of the child.

Are there any risks or complications?

X-ray radiation slightly increases the risk of developing cancer many years later in life. A child's growing body is more sensitive to radiation than an adult, and because they have more life ahead of them, there is more time for cancer to develop. However, the amount of radiation used for X-ray procedures is small. The risks associated are very low.

Further Information:

This NHS Trust is a teaching Trust and as part of their training it is necessary for students to observe examinations or complete the examination under the direct supervision of a radiographer, sonographer or radiologist. If you do not wish for an observer to be present, please tell the receptionist on arrival.

Radiology can be a busy department with equipment that can look very intimidating for children, especially those with additional needs. To support this, we can offer:

- Pre-examination visits
- Early morning appointments (when it is quieter)
- Access to quieter waiting areas
- Distraction toys and books.

Baby changing facilities are provided and if a quiet area is needed away from the general waiting areas for children, or for baby feeding then this can be accommodated on request.

Feedback

Please tell us about your experience following your appointment. You can email PALS@wsh.nhs.uk

Data Protection information

West Suffolk NHS Foundation Trust will manage your information in line with the General Data Protection Regulation 2018. The information you provide will be retained for the purposes of your healthcare. The information will be retained in line with the *NHS Records Management Code of Practice for Health & Social care*.

You have rights in relation to the way we process your information. If you no longer want us to use your information for the purposes specified above; if you want to request to have your information erased or rectified, please contact the Information Governance team on 01284 713454 or email info.gov@wsh.nhs.uk

We will review all requests in relation to your rights under GDPR, along with our responsibilities for record keeping.

Images may be used for research purposes as well as teaching. Patients must inform a member of staff if they do not consent to this.

As part of a shared service agreement with other NHS organisations, your radiology images and records may be shared with these other organisations as part of determining and providing your care. If you would like to know more about the extent of this sharing, or you wish us not to share at all with another organisation, or have any other concerns about it, please contact a member of staff.

Further information can be found at: Protecting your information (GDPR) (wsh.nhs.uk)

If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo) <https://www.accessable.co.uk>



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