

# You are having an X-ray

Information for children,  
parents and carers



## Who is this leaflet for?

This leaflet is for children under 16 who are having an X-ray, and their parents. We have produced this leaflet to give you information so you will know what to expect. Older children should find this leaflet clear and easy to understand. Parents of younger children can go through the leaflet with them.

If you are under 16 and unable to provide consent, we will need to ask your parent or carer permission to do the X-ray.

## Important note for parents

If you have other children that you need to bring with you, please make sure that you bring an adult who can look after them, as our staff cannot do this. You may wish to bring your child's small teddy or comforter with you to help reduce any anxiety.

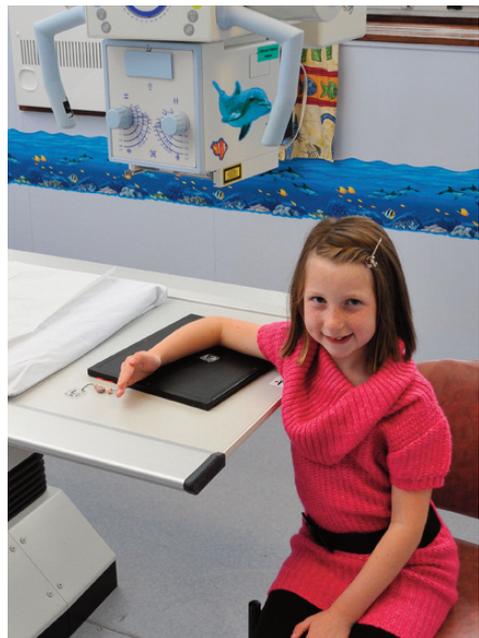
## What is an X-ray?

An X-ray is a special picture of your body that shows your insides and bones. An X-ray is like having a photograph taken. We'll put you in a position and then move our X-ray machine (like a camera) to get the best picture. When we're ready to take the picture, we'll go behind a special screen for a few seconds, you'll hear a beep and the picture is taken.

## Why do I need an X-ray?

The person who examined you thinks an X-ray will help them to find out why you are feeling unwell, or are in pain.

An X-ray can show whether you have fractured (broken) a bone, or have a problem with one of your joints. X-rays can also show up problems in your heart, lungs or tummy. If you have any questions about why you are having your X-ray, please ask us.



## Who will be doing the X-ray?

A specially trained person called a radiographer will take the picture.

## How do I get ready for an X-ray?

We may ask you to change into a gown or move clothes that have buttons or metal fastenings. Sometimes, we may ask you to take off jewellery or hair clips. You may not need to remove anything at all. It depends what part of your body needs X-raying.

## What actually happens during an X-ray?

We'll show you into a special X-ray room. We'll ask you to tell us your name, date of birth (birthday) and where you live.

We'll ask you to either stand, sit or lie down depending on the X-ray you are having. We will move our camera and shine a light on the part of your body that we are taking a picture of. If we are taking a picture of the bit that hurts, we'll be very careful.

It is very important to keep as still as you can so that the picture does not go blurry. When we're ready to take the picture, we'll go behind a special screen for a few seconds, you'll hear a beep and the picture is taken. The pictures can be seen on a computer.

## How long will it take?

The amount of time varies because we sometimes take more than one picture, and we also check that each picture has all the information we need. It shouldn't take longer than 15 minutes.



## **Can my parent/carer come into the X-ray room?**

That's up to you. If you'd like them to come in with you, that's fine, or you can have the X-ray on your own if you prefer.

If someone stays with you while you are having your X-ray, they will have to wear a special lead apron.

## **Will it hurt?**

No, you will not be able to see or feel the X-ray.

## **Is it dangerous?**

Radiation is all around us, including the sun! We use only a very small amount of radiation to take the picture.

If you're a girl older than 12 years of age and the X-ray is near your tummy we'll need to ask you about your periods.

## **What happens afterwards?**

Before you leave we check we have all the information we need. You'll either be asked to go back to a department or you can go home. All our X-rays are stored on our computers so that people specially trained to look at the pictures (doctors, radiographers or nurses) can look at them and tell you what they see.

## **Contact us**

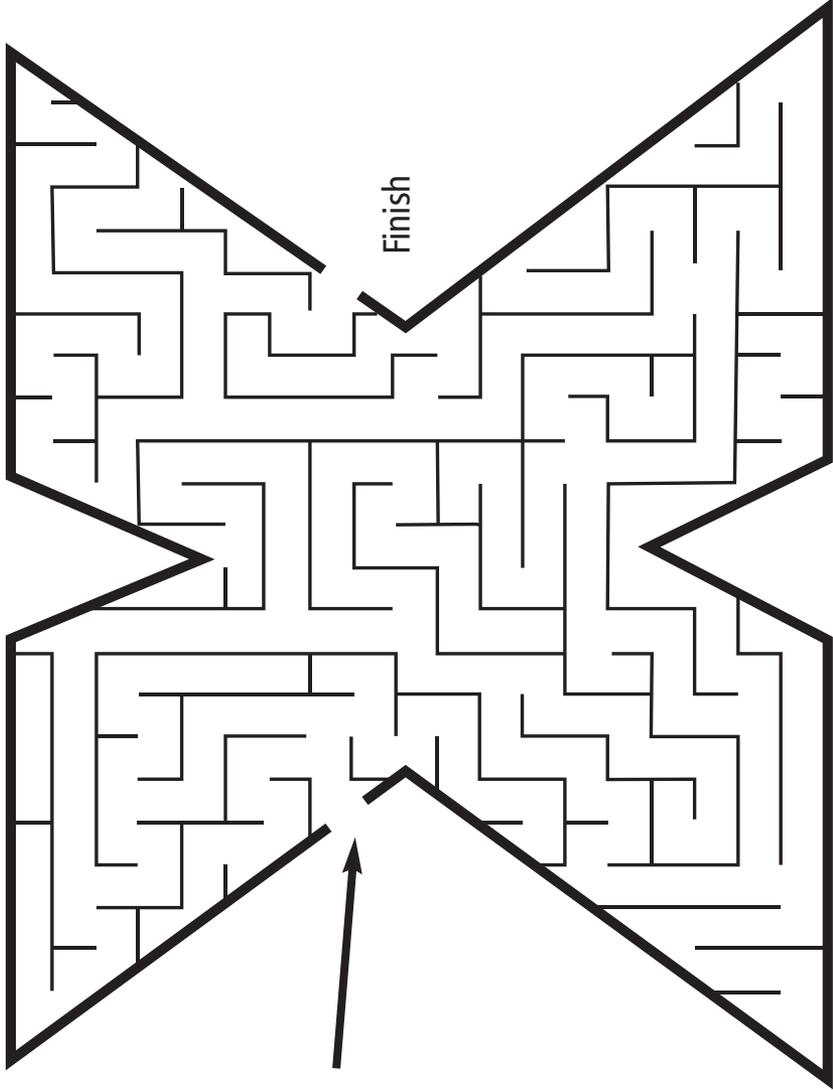
Please contact us if you have any questions or comments, or if you need any further information.

Tel: 01872 252290

You can also phone us if you:

- need this leaflet in another language or format
- would like a translator present
- have any specific needs you'd like to discuss with us.

Find your way through the X-ray maze!



Start here

Finish

If you would like this leaflet in large print, braille, audio version or in another language, please contact the Patient Advice and Liaison Service (PALS) on 01872 253545

