

# Plain X-Ray

## Patient Information Leaflet



This patient information leaflet aims to answer your questions about undergoing your X-Ray here at Heath Lodge Clinic.

### **What is an X-Ray?**

- An X-Ray uses radiation to produce images of the inside of the body. It's an effective way of looking at the bones and can be used to help detect a range of conditions.
- It stands for "X-Radiation", and here at Heath Lodge Clinic we have a digital X-Ray system which enables us to obtain X-Rays of any part of the body.

### **Why do I need to have an X-Ray?**

Some clinicians find X-Rays helpful for screening investigations as they can be used in assessing the degree of arthritis in joints. It is often useful to supplement an X-Ray with an MRI scan.

For all X-Rays undertaken at Heath Lodge Clinic we ask for a clinical referral from either your GP, Physiotherapist or other healthcare professional.

It is also a legal requirement due to the Ionising Radiation (Medical Exposure) Regulations (IR(ME)R) that we adhere to.

We ask for a clinical referral as we are a diagnostic centre and generally only see patients as one-off occasion. Our consultants welcome the background clinical detail provided by their professional colleagues who will have assessed the patient and have more of an appreciation as to why any investigation is required. Once we've received your referral, our radiographers will triage it, to assess the clinical urgency.

### **What are the benefits of an X-Ray?**

X-Rays are effective and can aid the diagnosis of medical condition without the need to physically examine a patient. X-Rays have been used in medicine for over 100 years.

### **Is an X-Ray safe and are there any risks involved?**

People are often concerned about being exposed to radiation during an X-Ray. However, the part of your body being examined will only be exposed to a low level of radiation for a fraction of a second.

Generally, the amount of radiation you're exposed to during an X-Ray is the equivalent to between a few days and a few weeks of exposure to natural radiation from the environment.

Being exposed to X-Rays does carry a risk of causing cancer many years or decades later, but this risk is thought to be very small. For example, an X-Ray of your chest, limbs or teeth is equivalent to a few days' worth of background radiation, and has less than a 1 in 1,000,000 chance of causing cancer.

Heath Lodge Clinic adheres to the Ionising Radiation (Medical Exposure) Regulations (IR(ME)R) for England. Under these regulations radiation is used safely to protect patients from the risk of harm when being exposed to ionising radiation.

Our responsibilities under Ionising Radiation (Medical Exposure) Regulations (IR(ME)R) include keeping unintended, excessive or incorrect medical exposures to a minimum. Heath Lodge must justify each exposure to ensure the

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benefits outweigh the risk, and optimising diagnostic doses of radiation to keep them as low as possible during the X-Ray examination as regulated by (IR(ME)R).

It is extremely important that we are informed if you there is a possibility that you might be pregnant, or are pregnant.

Despite being very safe, X-Rays are not recommended for pregnant women unless it's an emergency.

### Is an X-Ray painful?

No, an X-Ray is not painful. You won't feel anything while the X-Ray is being performed.

The only time you may experience some discomfort is when the radiographer is putting you into a position so they can take the best image possible.

While the X-Ray is being taken, you'll need to keep still so the image produced isn't blurred. If you have a broken limb, it might be uncomfortable holding this in place during the procedure.

### On the day

- Before the X-Ray: How do I prepare?

Please inform a member of the team if you have any special requirements- for example, if you have difficulty with hearing or poor eyesight, or if you are nervous about undergoing your X-Ray for any reason. You don't usually need to do anything special to prepare for an X-Ray.

- What should I wear?

You may be asked to change into a gown. Please try to avoid wearing clothing containing any metal zips or fasteners, or metal threads/ fibres.

If you wear loose-fitting clothing with no fasteners you may be able to remain fully clothed, depending on the area of your body being scanned.

We would also be grateful if other valuables such as watches, necklaces and bracelets are not brought into the clinic. Please note that we do provide lockable areas for small personal items such as mobile phones, car keys and credit or debit cards.

- Can I eat and drink?

You can eat and drink as normal beforehand and can continue taking your usual medications.

- What happens when I arrive and who will I see?

A member of our team will meet you at Reception and help you for your X-Ray.

- Where is the X-Ray performed?

All X-Rays are performed within the X-Ray department of Heath Lodge Clinic. This is a controlled environment, and there are additional toilet facilities as well as private changing rooms and lockers for you to use.

- What happens during the X-Ray and how is it performed?

During the X-Ray you'll usually be asked to lie on a table or stand against a flat surface so that the part of your body being examined can be positioned in the right place.

The X-Ray machine, which looks like a tube containing a large light bulb, will be carefully aimed at the part of the body being examined by the radiographer. They will operate the machine from behind a screen or from the next room.

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- How long will it take?  
The X-Ray will last for a fraction of a second. More than one X-Ray may be taken from different angles to provide as much information as possible and will usually only take a few minutes. The Radiographer will then check the images to ensure that you get the best quality possible, which will aid in a speedy diagnosis.
- Will I need an injection?  
No, you will not need an injection for a standard plain X-Ray.

### **Can I bring a friend or relative with me?**

Yes, you can bring a friend or relative with you.

Due to limited spaces in our waiting area we politely ask that **you bring one person and only if needed.**

They will not be able to accompany you into the X-Ray Department.

Children should not be unaccompanied on site and children will not be allowed into the X-Ray Department with you, so you will need to make arrangements for them before you arrive for your X-Ray.

It is worth noting we have no facilities for unaccompanied children on site.

### **After the X-Ray**

You won't experience any after effects from a standard X-Ray and will be able to go home shortly afterwards. You can return to your normal activities straight away.

### **How do I obtain my results?**

The X-Ray images will be examined by a radiologist before you are advised of the results.

Should you have any further questions please email [contact@heathlodgeclinic.co.uk](mailto:contact@heathlodgeclinic.co.uk), or call 01564 732150.