



HEATH LODGE CLINIC

A PERSONAL AND INDEPENDENT APPROACH TO CLINICAL SERVICES

Information about your X-ray

What is X-ray?

An X-ray is a quick and painless procedure commonly used to produce images of the inside of the body. It is an effective way of looking at the bones and can be used to help detect a range of conditions.

The results obtained can be used to make a clinical diagnosis and treatment plan.

How do X-rays work?

X-rays are a type of radiation that can pass through the body. The X-rays can't be seen, and you can't feel them.

Energy from X-rays is absorbed at different rates by different parts of the body. During the X-ray a detector picks up the X-rays after they have passed through your body and turns them into an image.

Dense parts of your body such as bones that X-rays find it more difficult to pass through show up as clear white areas on the image. Softer parts such as your heart and lungs that X-rays can pass through more easily show up as darker areas.

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.

An X-ray of a limb is the equivalent to 1.5 days of exposure to natural background radiation and a chest X-ray is equivalent to 3 days.

For more information search <https://www.gov.uk/government/publications/medical-radiation-patient-doses/patient-dose-information-guidance>

We adhere 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.

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Before the X-ray

How do I prepare for an X-ray?

On the day of your X-ray, you will be able to eat and drink and take any medication as normal, unless otherwise advised by a member of the Bookings Team.

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

Please inform a member of the team prior to your appointment if you have any special requirements or disabilities, for example, if you have difficulty with hearing, poor eyesight, mobility issues or if you are nervous about undergoing your X-ray.

Can I bring a friend or relative with me?

Yes, you can bring a friend or relative with you, however, due to limited space in our waiting area we politely ask that you bring no more than one person and only if needed. They will not normally be able to accompany you into the X-ray department for safety reasons.

Children over the age of 8 attending clinic for an X-ray must have a parent or guardian with them.

Children should not be left unaccompanied in the clinic and will not be allowed into the X-ray department with you. You will need to make arrangements for them to have an appropriate adult over the age of 18 with them before you arrive for your X-ray. Please note that we do not have facilities or appropriate support for children to be left unaccompanied. Failure to bring a suitable adult to accompany a child may result in your appointment being postponed and a charge incurred.

Can I have an X-ray if I am or think I maybe pregnant?

Despite being very safe, X-rays are not recommended if you are pregnant unless it's an emergency.

What if I am a Diabetic and wear a continuous glucose monitor (CGM)?

Depending on the area being examined you may need to remove your monitoring system, however the Bookings Team will advise you if this is necessary.

Clothing

You may be asked to change into a gown if deemed necessary. Please try to avoid wearing clothing containing any metal zips, 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 examined.

Jewellery

Please ensure that you remove items of jewellery, including any religious jewellery and leave them at home.

However, it may be possible to wear a wedding ring/engagement ring whilst being examined.

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Piercings

You may need to remove piercings depending on the area being examined. This includes any piercings which may require professional removal such as dermal, cartilage or intimate piercings. Our Bookings Team will advise you accordingly.

Other information

We would be grateful if other valuables such as watches are not brought into the clinic.

Please note if you are attending the clinic with an assistance/support dog, please make us aware prior to your appointment.

When you arrive

Please arrive 15 minutes prior to your appointment time.

Access to the building is via a front doorstep. On request, a ramp can be deployed to allow easier access. Doors throughout the clinic are accessible for wheelchair users and there are no changes in floor levels within the building on the ground floor. Disabled toilet facilities are available throughout the clinic.

You will be greeted in a professional and friendly manner.

At reception you will be asked to confirm your name, date of birth and address and how you are funding the examination. If you require the use of an audio induction loop, please advise reception on arrival.

Please inform the receptionist of any disabilities, (hearing, sight, mobility, learning disabilities) you may have. You will be asked to take a seat in the waiting room where we have amenities such as Wi-Fi, tea and coffee facilities.

A radiographer will accompany you to the X-ray department which is a controlled environment. You will be asked questions relating to your examination and you will have the opportunity to ask any questions or queries you may have.

During your X-ray

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.

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.

While the X-ray is being taken it is important to keep as still as you can so the images are clear.

The X-ray will last for a fraction of a second. More than one X-ray is usually taken from different angles to provide as much information as possible and will usually only take a few minutes.

The X-ray will not be painful, you will not feel any discomfort and there are no side effects.

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Following your X-ray

Once the X-ray is complete you will be asked to return to the waiting room while the radiographer transfers your images onto a CD for you to take home. You are then free to go and resume normal activities.

Please remember to keep this CD safe as it contains personal and sensitive data, and it becomes your responsibility at the point of hand over.

You will be charged for any replacement or additional CDs.

If you are a self-paying patient, a member of our reception team will take payment of your fee before you leave the clinic, you may make payment by credit or debit card. Please note we do not accept American Express.

If you are an insured, NHS or medico-legal patient we will invoice the relevant party directly.

Medico-legal and NHS patients are not given a CD on the day as these will be sent directly to the referring party.

Your imaging results

Please allow approximately 7 working days (first day being the day after your scan appointment) for a copy of the full radiology report to be sent to your referring clinician. On occasion some externally reported X-rays may take longer than 7 working days.

Please note that you WILL NOT receive a copy of your report from us. The report is sent directly to your referring clinician who will discuss any findings with you. If you require a copy of your X-ray report, please request this from your referrer.

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