

About Your X-ray

What You Need to Know and Do

An X-ray creates images of your bones and internal organs using a small amount of radiation.

It is used to find bone or joint problems, or to check the heart and lungs (chest X-ray).

What should I do before my appointment?

No preparation is needed for most X-rays.

You may be asked to remove your jewelry and other metallic objects before the exam.

Be sure to tell the radiologist or technologist if you:

- are or think you may be pregnant
- have any metal in the part of your body being scanned, such as a hip replacement
- have had an X-ray of this part of your body before.

When should I arrive for my appointment?

You will need to arrive at least 30 minutes before your appointment time to check in and complete paperwork.

What happens during my test?

You may be asked to lie on a table, or you may be asked to sit or stand. It all depends on what part of your body is being X-rayed.

A lead apron may be draped over part of your body.

For an X-ray of the chest or abdomen, you may be asked to take a deep breath and hold it for a few seconds.

At least two X-ray images will be taken during the exam. You may have to move your body before each new X-ray is taken.

Most X-rays take between 15 and 45 minutes.

What happens after my test?

You can usually go back to your normal activities and diet right away.