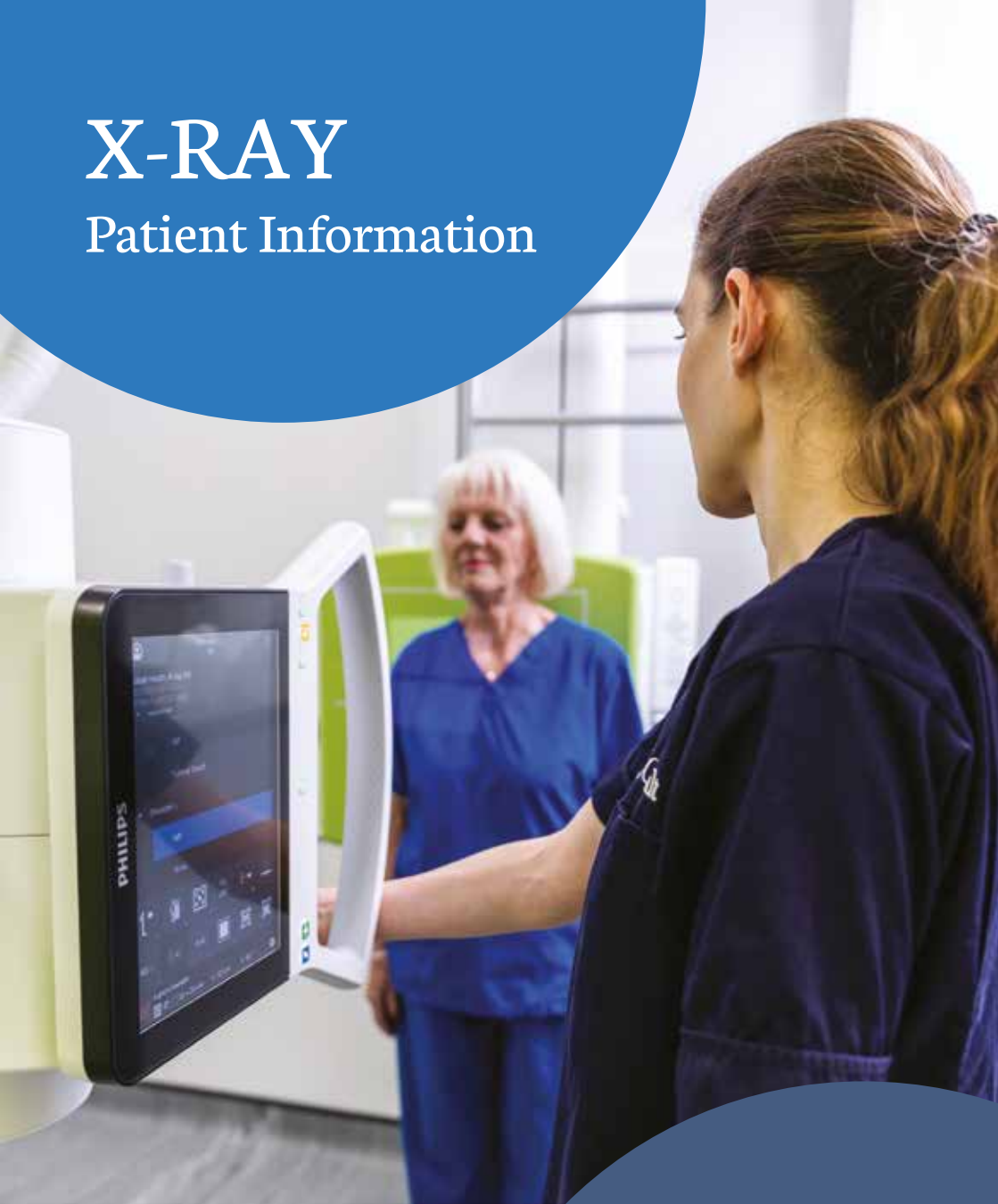


X-RAY

Patient Information



www.cobalthhealth.co.uk
01242 535900

Registered Charity No: 1090790



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Medical Charity
Diagnosis • Research • Education



This leaflet aims to answer questions about having an X-ray

What is an X-ray?

An X-ray is a quick and painless imaging examination used to help diagnose and monitor many health conditions. It uses a very small dose of ionising radiation to produce images of the bones, organs and other structures inside the body, which can be viewed on a computer screen.

X-rays are most commonly used to assess bones and joints for injuries, fractures and arthritis, but they can also be used to help diagnose a wide range of conditions affecting other parts of the body.

Why should I have an X-ray?

The healthcare professional caring for you has recommended an X-ray because it is the most appropriate imaging test to help diagnose or assess your condition.

Every X-ray request is reviewed by a trained professional to ensure it is the most suitable examination for you. They will only recommend an X-ray when the benefits outweigh the very small risk associated with exposure to ionising radiation.



How do I prepare?

There is no special preparation needed before your X-ray appointment. You can eat and drink as normal and continue to take any prescribed medication unless you have been advised otherwise.

What happens when I arrive for my appointment?

A member of our imaging team will welcome you when you arrive for your appointment. Before your X-ray, they will ask you a few questions in private to ensure the examination is appropriate for you

and answer any questions you may have.

You will be asked for your consent before the examination takes place. Depending on the area of your body being examined, you may be asked to remove metal objects such as jewellery, hair grips, piercings or clothing with zips, buttons or underwires, as these can affect the quality of the X-ray images.

What should I wear?

We will provide you with loose fitting clothes to wear if your clothing contains metal. You may

prefer to arrive in clothes that do not contain any metal zips, poppers or buckles to avoid getting changed before your appointment.

Is it safe?

X-rays are a type of radiation known as ionising radiation. The dose that you receive from a medical X-ray is very low and the associated risks are minimal. They are similar in strength to other sources of natural radiation that people are exposed to everyday without realising. The radiographer is responsible for making sure that your dose is kept as low as reasonably practicable and that the benefits of having an X-ray outweigh the risk.

If you are pregnant, or think you may be pregnant, please tell the radiographer BEFORE your X-ray. For some examinations involving the abdomen or pelvis, you may be asked to complete an additional pregnancy declaration before the examination can take place.

For more information about X-rays and medical imaging, please scan the QR code or visit:

Medical imaging:
what you need to
know - GOV.UK



What happens during your X-ray?

Your radiographer will take you into the X-ray room and explain the procedure. Depending on the part of your body being examined, you may be asked to stand, sit or lie on the X-ray table.

The radiographer will carefully position you to obtain the best possible images. They may need to make several small adjustments, and more than one image may be taken.

When the images are being taken, you will be asked to keep as still as possible and, for some examinations, you may be asked to hold your breath for a few seconds. The radiographer will step behind a protective screen to take the X-ray but will be able to see, hear and communicate with you throughout the examination.

Although some people find it uncomfortable to hold certain positions or lie on the X-ray table, the X-ray itself is quick and painless.

How long will it take?

The length of your appointment will vary depending on the type of X-ray you are having, but most x-rays take around 5 to 10 minutes.

We always aim to see you at your scheduled appointment time.

However, some appointments can take longer than expected, which means there can occasionally be a short delay.

Can I bring a relative or friend?

If you would like to bring a friend or relative with you, they may wait in the waiting room during your appointment.

Please do not bring children to your appointment unless there is another adult available to supervise them. Unfortunately, our staff are unable to look after them.

What happens after my appointment?

There are no after effects from your X-ray so you can carry on with all your normal activities straight away.

How do I get my results?

your referrer will receive your images within a week. We advise

that you make an appointment with your referrer to discuss the results. The radiographer will not be able to give you your results on the day of your appointment as the images need to be interpreted and a report written.

Any questions?

If you have any questions, please don't hesitate to ask.

You can contact us through:

✉ enquires@cobalthhealth.co.uk

☎ 01242 535900

If you would like to visit the department before your appointment, please contact us. More information can be found on our patient page on our website:



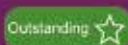
www.cobalthhealth.co.uk



Did you know Cobalt is a *charity*?

We deliver quality, patient-focussed diagnostic imaging; we undertake research, mainly in cancer and dementia; and we invest in sustainable innovation and improving patient care. We educate medical professionals and support the development of the next generation of healthcare workers.

We partner with colleagues in the NHS, like-minded people in local communities, experts and pioneers. To make all this possible, we depend on donations and income from our services.



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V14 August 2026. We review our patient leaflets for accuracy every 12 months.

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