

Welcome to the X-ray Department at Ottery St Mary Hospital

(Eastern services)

Other formats

If you need this leaflet in another format such as Braille, large print, high contrast, British Sign Language or translated into another language, contact the Patient Advice and Liaison Service:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

This leaflet provides important information when attending your appointment at the x-ray Department at Ottery St Mary Hospital.

Please ensure you follow the instructions on your letter which will take you to the correct area for your appointment.

What is an x-ray?

An x-ray is a quick procedure commonly used to produce images of the inside of the body. X-rays are mainly used to look at the bones and joints, although they're sometimes used to detect problems affecting soft tissue, such as internal organs. X-rays can be used to help detect a range of conditions.

Why do I need this examination?

It has been identified that you have some symptoms that require you to have an x-ray examination, or you may require a follow-up examination to monitor your medical condition.

Are there any risks?

X-rays are a type of radiation known as ionising radiation. The dose that you get from a medical x-ray is very low and the risks are minimal. We are all exposed to background radiation every day.. X-rays give us a small additional dose of radiation. similar in strength to background radiation. The radiographer, a specialist healthcare professional trained to perform x-rays, is responsible for ensuring that your radiation dose is kept as low as possible and that the benefits of the x-ray outweigh any risks.

What if I am pregnant?

If you know, or there is a possibility, that you are pregnant it is important to inform the radiographer before the x-ray is taken. If there is a possibility of pregnancy there is a small risk that radiation can be harmful to the unborn baby. If you are pregnant the risks associated with having the x-ray against not having it will be assessed and discussed to ensure the best care for you and your unborn baby is given.

For some examinations, i.e. a pelvic or abdominal x-ray the radiographer will ask about your pregnancy status before the x-ray.

How long will it take?

The examination usually takes around 5-20 minutes to complete. This depends upon the type and number of x-rays needed.

During the x-ray

Some clothing, particularly anything containing metal, or with buttons, zips or embroidery, can show up on an x-ray, so you may be asked to change into a gown and/or remove jewellery by a member of staff. Depending upon the area of the body to be examined, you may also be asked to remove any dentures, hearing aids, glasses or hair clips.

During the x-ray, the radiographer will firstly confirm your identity and the area to be examined. You will then usually be asked to lie on a table, stand against a flat surface or sit on a chair next to the x-ray table so that the part of your body being examined can be positioned in the right place.

This may occasionally be uncomfortable but should not be painful.

The x-ray machine will be carefully positioned at the part of the body being examined by the radiographer. The radiographer will complete the exposure (X-ray picture) from behind a clear screen.

Can I still take my regular medication?

You can still take any regular medication.

Can I bring a friend/relative?

Yes, however, they will not normally be able to accompany you into the examination room and we would ask that you limit the number of people you bring with you due to available waiting area space.

Chaperones

Where examinations of an intimate nature are carried out you may choose to have a chaperone. Please speak with the radiographer, who will arrange one for you.

What will happen to the results?

We aim to report examinations as soon as possible. The results will be sent to your referring clinician.

You will not be told the results of your examination at the time of your appointment.

Valuables

Patients are encouraged to leave their valuables at home. It is the patient's responsibility to ensure all valuables are with them before leaving the X-Ray Department.

Hoists and slings

If you require a hoist please inform the department prior to your appointment on the contact numbers listed in your appointment letter, to ensure availability of equipment and suitably trained staff. We may be able to support the use of your own sling, but evidence of its six-monthly safety (LOLER) examination is required and it will need to pass a visual inspection first. We can provide approved single-use slings that are readily available in the department.

Cancelling your appointment

If you are unable to attend your appointment, we would be grateful if you could contact us on the number listed on the top of your appointment letter as soon as possible. We can then offer your original appointment to another patient. A further date and time will then be arranged for you. Please be advised that if you fail to attend your appointment, it may be necessary to move you from the x-ray waiting list.

Please note: If you have had D&V (diarrhoea and vomiting) you will need to contact us to rebook your appointment, unless you have been clear of symptoms for the past 48 hours.

Contact us

If you found reading your leaflet difficult, or you have any queries or concerns, you can contact us on the number listed on the top of your appointment letter and we can talk it through with you, alternatively you can email us rduh.radiologyappointments@nhs.net.

How to get to Ottery St Mary Hospital

Ottery St Mary Hospital is located at Keegan Close in Ottery St Mary, EX11 1DN.

If possible, we encourage people to use public transport and other sustainable means of travel.

We are easily accessible by local bus routes.

For help planning your journey please see the following websites:

www.stagecoachbus.com

www.travelinesw.com

www.traveldevon.info

Limited car parking is available.

Further information

For more information on Medical Imaging, please visit our website: royaldevon.nhs.uk
Navigate to Services > Medical Imaging (Radiology, X-ray) > Medical Imaging - Eastern services

[NHS Royal Devon | Medical Imaging - Eastern services](#)

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact PALS:

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Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

You can also share your feedback on the Care Opinion website at www.careopinion.org.uk or freephone 0800 122 3135.



Scan the QR code to visit the Care Opinion website →

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www.royaldevon.nhs.uk

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