

# Welcome to the X-ray Department at Sidmouth 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](mailto:rduh.pals@nhs.net)

This leaflet provides important information when attending your appointment at the X-ray Department at Sidmouth 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 be for 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 of our lives; made up of cosmic rays, radon, from some foods and from the ground. Every X-ray also gives us a small additional dose of radiation; this is usually similar in strength to the background radiation that we are exposed to. 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 risk.

## 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. All X-ray risks need to be considered especially if there is a possibility of pregnancy due to 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 five-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 colleague. 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 confirm your identity and the area to be examined. You'll 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?

Yes, you can still take any regular medication.

## Can I bring a friend/relative?

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

**Chaperones.** Where examinations are of an intimate nature 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 on their person 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 colleagues. 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, please 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. If you fail to attend your appointment without notice, it may be necessary to remove you from the X-ray waiting list.

**Please note:** if you have had diarrhoea and vomiting you will need to contact us to rebook your appointment unless you have been clear of symptoms for 48 hours.

## Contact us

If 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 or you can email us [rduh.radiologyappointments@nhs.net](mailto:rduh.radiologyappointments@nhs.net)

## How to get to Sidmouth Hospital

Sidmouth Hospital is located at All Saints Road in Sidmouth, EX10 8EW.

**Very limited chargeable car parking is available.**

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](http://www.stagecoachbus.com)

[www.travelinesw.com](http://www.travelinesw.com)

[www.traveldevon.info](http://www.traveldevon.info)

## Further information

For more information on medical imaging, please visit our website: [royaldevon.nhs.uk](http://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](http://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](http://www.royaldevon.nhs.uk)

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