

# Having an x-ray

Information for children, parents and carers  
(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 is for those aged under 16 to read with their parents and carers. It tells you what to expect when having an x-ray.

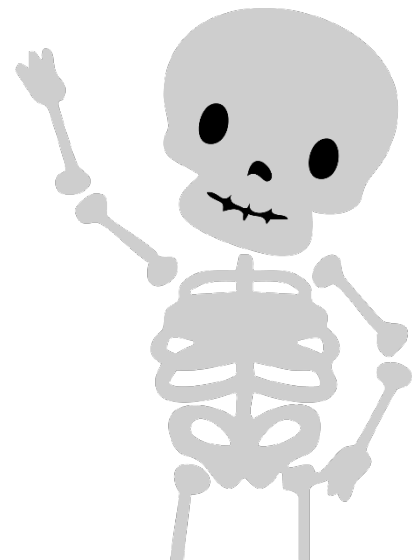
If you are under 16 years of age, we will need to ask your parent or carer to give permission to take the x-ray.

## What is an x-ray?

An x-ray is a special picture that shows us inside your body.

We can see lots of things with x-rays, like your bones, lungs and heart.

Having an x-ray is a lot like having a photograph taken.



## Why am I having an x-ray?

The x-ray helps us find out why you are in pain or feeling unwell.

X-rays can show whether you have broken any bones (a fracture). X-rays can show other problems with your bones, lungs, heart or tummy.

Please ask the radiographers if you have any questions about why you need this x-ray.



## Who will take my x-ray?

One of our friendly radiographers will take your x-ray. Radiographers are specially trained to take these pictures.

Sometimes someone else may be in the room or taking your x-ray. This is because they are learning how to be a radiographer. We will supervise them.

## How do I get ready for my x-ray?

This depends on which part of your body is being x-rayed. We may ask you to take off any jewellery, hair clips or clothing that has buttons or any bits of metal on. This is because they show up on the x-ray.

Sometimes we may ask you to put on a hospital gown.

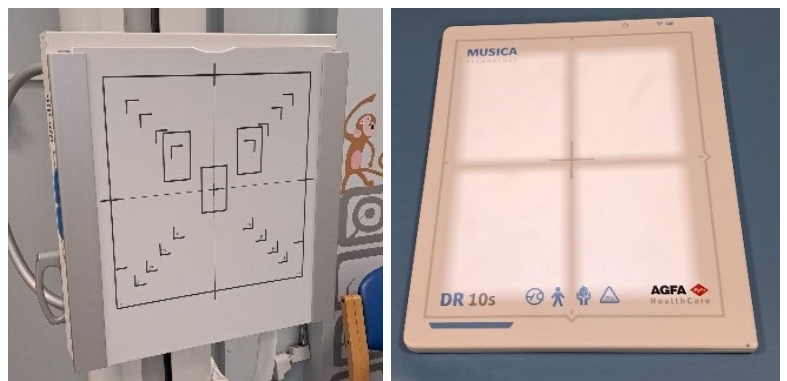
Other times you don't need to remove anything at all. It all depends on which part of the body we are looking at.

## What happens during an X-ray?

When we bring you into our x-ray room, we will ask you your name, date of birth (your birthday) and where you live. This is so we can check you are the right person. It is ok if you don't know the answer - we can ask your parent or carer. If you have a hospital wristband, we may check this as well.

You will need to stand, sit or lie down, depending on which part of your body we need to x-ray.

We may ask you to put the part that hurts on our x-ray board.



X-ray boards

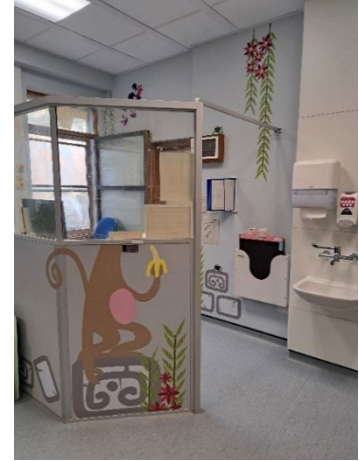


The camera (our x-ray machine) is very big. It may make some noises when it moves. It may come close to you, but it will never touch you. We will move our camera and shine a light on the body part we are x-raying. We will be very careful when taking a picture of the bit that hurts. We will try to make sure you don't need to move very much.

When everything is ready, the radiographer will step behind a special screen. They will press a button to take the picture. You will hear a beep when the image is taken but you won't feel the x-rays.

It's really important you stay as still as you can for the x-ray. For some x-rays, we may ask you to breathe in and hold your breath.

The x-rays come up on a computer screen. We check that we have the pictures we need.



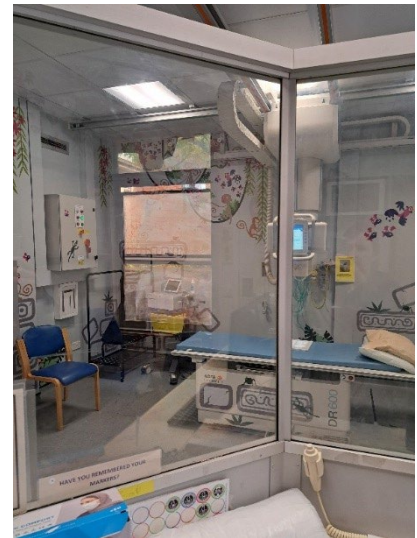
## How long will it take?

Normally, you will be in our x-ray room for no longer than 15 minutes. Some x-rays take slightly longer than others. For some body parts we need only one picture. For others we may need to take a few pictures.

## Can my parent/carer come into the x-ray room?

Of course! If you would like them to come in with you, that is fine. If you are old enough and would prefer to have the x-ray on your own, that is also okay.

If you don't need your parent or carer to help keep you still for the x-ray, they will stand behind a special screen. They will be able to see you at all times.





## 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:

- 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)

## 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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