



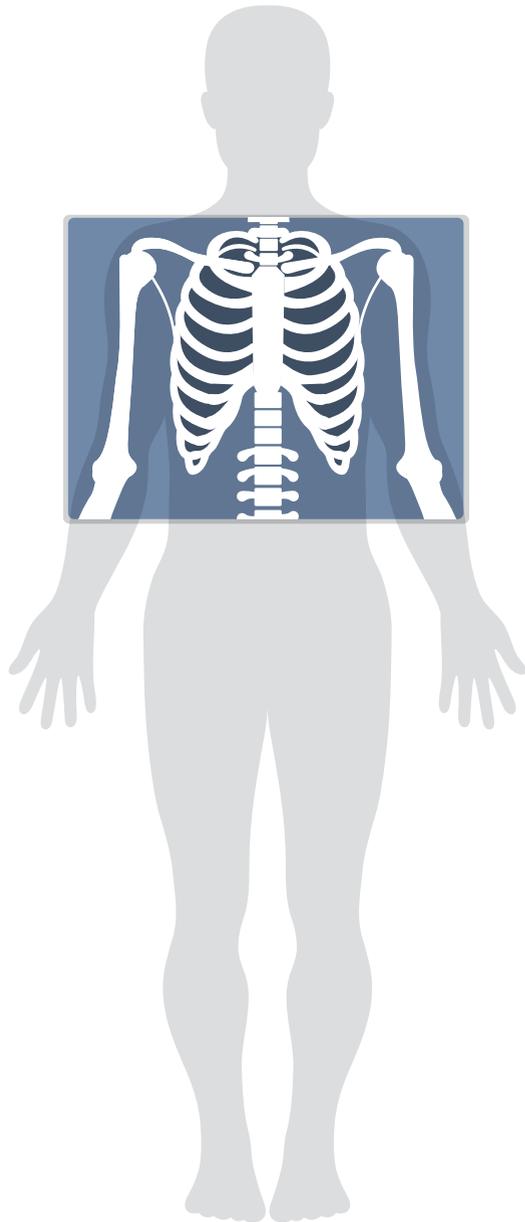
X-RAY

THE 'WHAT, WHY AND HOW' OF AN X-RAY



A simple tool with big results

Most people have had an X-Ray at some point in their life, and in fact these days it is a common diagnostic tool used across medical examinations. Yet, there are still concerns about the possible effects of radiation. This leaflet helps you understand everything you need to know about an x-ray.



What is an X-Ray?

An x-ray is produced when invisible electromagnetic radiation passes through the body and strikes a sensitive screen placed on the other side of the body.

X-rays are absorbed into tissues and bones at varying degrees, depending on their composition and mass. For example, bones are dense and do not allow much radiation to penetrate, so they show up as white images. Lungs on the other hand, are filled with air and will appear darker.

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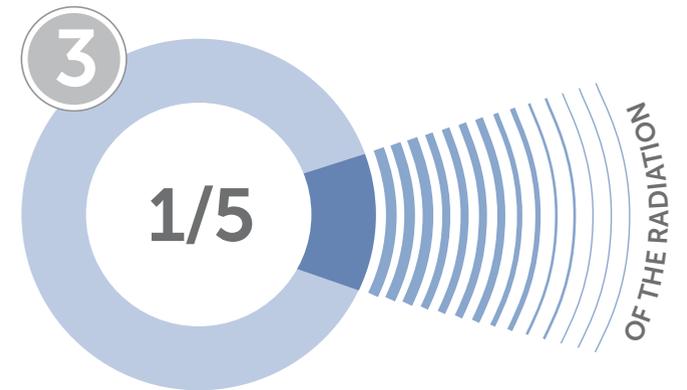
WHAT DO YOU NEED TO DO FOR AN X-RAY?

While you don't need to prepare for an x-ray, it's best to remove any jewellery worn on the part to be scanned. For certain X-rays like KUB, abdomen or lumbar spine, you may need to fast the night before in order to keep the gas in the abdomen minimal. Your visitors will need to wait outside while you are in the x-ray room.

2

HOW IS AN X-RAY CONDUCTED?

Depending on which body part is being examined, the radiographer will ask you to sit, stand or lie down in certain positions. You will not feel any sensation during an x-ray. The procedure takes between 5 to 10 minutes, but you may be asked to wait while the radiographer checks the images. Before you leave, you will be informed about when to collect your reports.



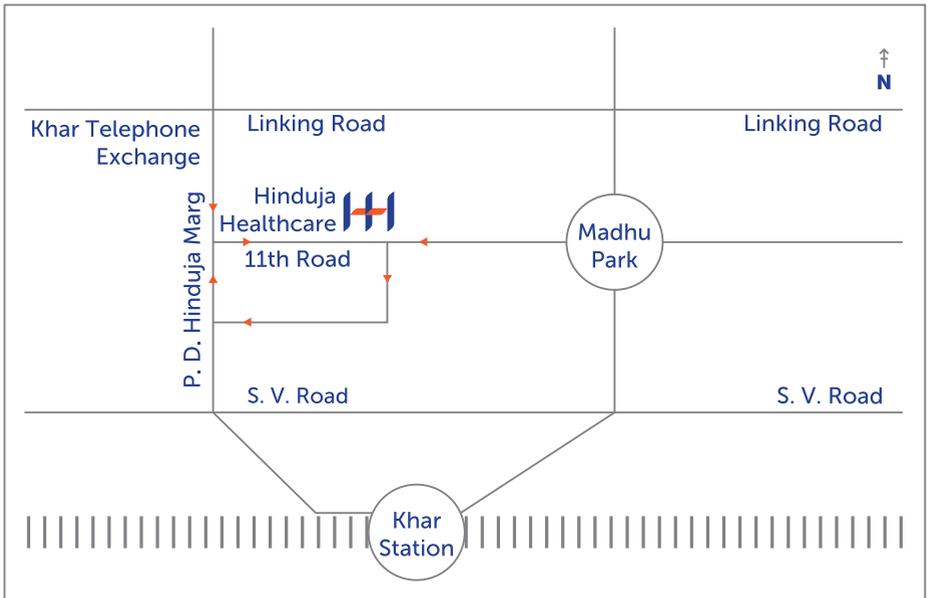
DO X-RAYS HAVE SIDE EFFECTS?

The dose of radiation in an x-ray is very small. In fact, in an x-ray, a patient receives approximately one fifth of the radiation one would normally be exposed to in a year, or around the amount received during a transatlantic flight. So in the interest of accurate diagnosis, the benefits of an x-ray would outweigh any potential risks.

For a radiographer however, this could be an occupational hazard and that's why he or she will stand behind the screen to protect against excess radiation.

Pregnant women must inform their doctor or radiographer of their condition. Unborn children are still developing and therefore more sensitive to radiation than adults. Taking special care of the womb area, x-rays of areas like the hand or the chest are safe.

Taking an x-ray is simple and must not be avoided, especially if your doctor has requested it. An x-ray is vital to your diagnosis, and therefore to your treatment.



08.03.13

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