

Having an X-ray



The Leeds Teaching Hospitals
NHS Trust

Your X-ray and You

You are having an X-ray so that your doctor or healthcare practitioner can either make a diagnosis or monitor your progress of your treatment.

Your doctor or healthcare practitioner should have explained how the results from having an X-ray can help improve your diagnosis or treatment.

Our aim is to ensure that the benefits from having the X-ray and the correct diagnosis or treatment outweigh the very low risk involved with the X-ray itself. Patient care is our priority.

Our Standards

Our X-ray equipment is regularly maintained and Radiographers and the Medical Physics perform routine safety checks on the equipment.

All our staff are appropriately trained to operate the equipment safely and effectively.

The equipment and appropriately trained staff ensure that the smallest amount of radiation is used to get an optimal image to assist in diagnosis or treatment. If there is a technical problem during your X-ray, you will be informed.

X-rays and Radiation

The X-ray equipment uses radiation to produce an image.

Radiation can be found all around us in soils, in the air and water. We encounter natural background radiation through the food we eat, the water we drink, and the air we breathe.






In any one year our exposure will vary depending on where we live, where we have flown to and what we have eaten.

In Perspective

For each medical X-ray you will receive a tiny amount of radiation on top of the natural background radiation.

The X-ray you will have to today carries a very low risk.

The amount of radiation you receive from the X-ray can be equivalent to natural background radiation:

	Dose (mSv)	Natural Background Radiation	Brazil Nuts
 Brazil Nuts	0.01	Less than 2 days	100g
 Chest X-ray	0.014	2 days	140g
 Transatlantic Flight	0.08	11 days	800g
 Pelvis X-ray	0.7	4 months	7kg
 Barium Swallow	1.5	8 months	15kg



Pregnancy

Please inform the Radiographer if you are or maybe pregnant. The Radiographer will ask about your pregnancy status for certain examinations.



Consent

Please feel free to ask the Radiographer if you have any questions about your X-ray. If you do not want to proceed with your X-ray, we would advise you to discuss this with your doctor.



Age

The risks from X-rays are much lower for older people and are a little higher for children. Extra care is taken with young patients.



Leeds
Radiology

References:

<https://www.phe-protectionservices.org.uk/diationandyou/>

<https://www.gov.uk/government/publications/medical-radiation-patient-doses/patient-dose-information-guidance>

