



About your X-Ray appointment

You have been referred for an X-Ray. This guide will tell you about the procedure and help you prepare for the appointment and what will happen afterwards.



What is a X-Ray?

An X-Ray examination involves positioning the area of your body that is going to be examined between a tube that produces X-Rays and a piece of equipment that allows the image to be viewed and reported by a Radiologist. The examination is performed by a radiographer (a healthcare professional trained in how to use X-Rays). X-Rays pass through your body, and are absorbed by the tissues they pass through. Different parts of the body absorb different amounts of X-Rays depending on how thick (dense) they are. In the final image, dense structures such as bone appear white and less dense structures such as the lungs appear black.

Are there any side effects

A standard X-Ray is painless. You cannot see or feel X-Rays.

X-Rays are a form of radiation.

Everybody receives a small amount of radiation from the environment every day. The radiation received from any single X-Ray can be very small depending on the area being imaged, and may be similar to the amount you would be exposed to on a transatlantic flight.

However, if you receive many doses of radiation, the effect can build up and be harmful. Simply put, the less you receive, the better.

As a matter of safety, your doctor will only ask you to have an X-Ray examination when there is no other way to find out the information. You should have as few X-Rays as possible.

Unborn children are at greater risk from being exposed to X-Rays because they are still developing. For this reason, routine X-Ray examinations that involve irradiating an area between the diaphragms and the knees should only be performed on women who are

sure they are not pregnant or within the first ten days of their menstrual cycle.

If you are, or suspect that you may be pregnant, please tell the radiographer before the X-Ray is carried out.

All the information you give will be treated with the strictest confidence.

Before your appointment

You do not need to make any special preparations for your X-Ray examination. However, as far as possible, please remove jewellery that may interfere with the examination, for example, rings for hand X-Rays and necklaces for chest X-Rays.

You will have to wear a gown if the X-Ray is of your chest, abdomen, hip or back. However, if you wear clothing that is free from metal, you may not have to get changed.

If you need help because you speak a different language, please let us know when you book your appointment.

The radiographer must limit the number of people in the X-Ray room to those involved in the examination. If you need a friend, relative or carer to come with you, please let us know when you book your appointment.

When you arrive

One of our staff will explain the procedure to you and answer any questions you may have.

You may have to undress and put on an examination gown.

The examination

The examination will be performed with you standing, sitting or lying on a

table, depending on the area of your body that needs to be examined.

The X-Ray tube will shine a light on the part of your body to be examined. The radiographer may need to press gently on bony parts of your body to make sure that you are in the right position.

The radiographer will stand behind a radiation screen when the X-Ray is made. They need to do this because although a single X-Ray uses a very small amount of radiation, the effect of many X-Rays builds up, and radiographers take many X-Rays every day.

Depending on the area of your body being examined, the radiographer may ask you to hold your breath while the X-Ray is being taken.

After the X-Rays have been taken, you will be asked to wait while the images are checked.

It is sometimes necessary to take further images, depending on your clinical condition.



How to find us

The London Imaging Centre, 11 Wimpole Street, London, W1G 9ST
Tel : 020 7467 8800

By Road

The London Imaging Centre is located nearer Oxford Street at 11-12 Wimpole Street, close to the junction with Queen Anne Street. Parking can be difficult but there are a number of car parks nearby including Cavendish Square and Marylebone Road. There is no parking available at The London Imaging Centre. Congestion charges do apply in this area.

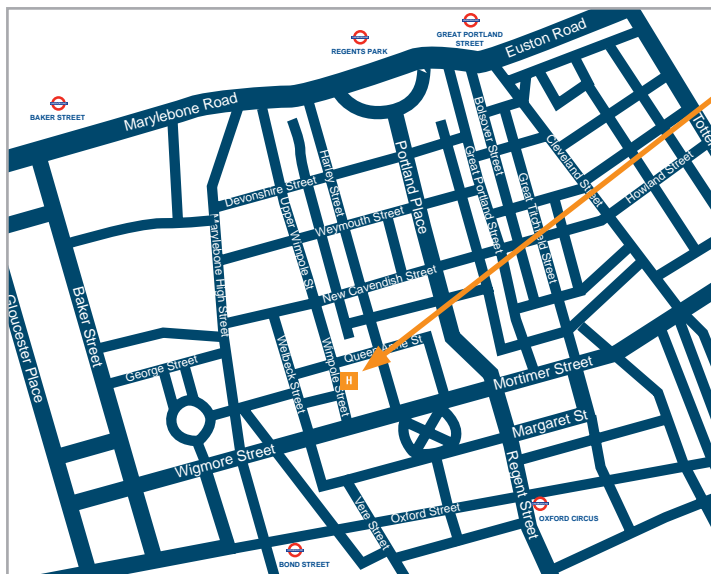
By Rail

The nearest underground stations are Bond Street (Central & Jubilee lines) and Oxford Street (Central & Victoria lines) both less than 0.5 miles from the centre. The nearest rail station is Marylebone Station (BR & underground connect) which is about 0.8 miles from the centre.

By Bus

Bus routes serving the Centre are 205, 25, 88, 453 and C2, which will come direct to Oxford Street or very near.





The London Imaging Centre

Informed consent

The information contained within this leaflet is intended to provide you with an overview of the examination or treatment that you are to receive. Prior to any medical procedure being carried out, the healthcare professional conducting the procedure will describe the nature of the examination or treatment you are to receive and will detail any risks associated with the procedure. It is your right to be given sufficient information to be able to make an informed decision as to whether you wish to continue with the examination/treatment or to refuse to undergo the procedure.

The nature of some examinations and treatment requires that your consent to continue must be given in writing and a form will be provided for you to sign. Some examinations

may only require your verbal consent. For further information regarding our consent policy, please contact the Centre to which you have been referred.

We take pride in the standard of service which we offer at InHealth. If you do have reason to complain, however, we take your comments seriously and a full complaints procedure is available upon request. Please ask a member of staff at the Centre who will be able to provide you with a copy, alternatively call the **Central Bookings line on 0845 603 0854** for a copy of the policy or to make a complaint. If you are unhappy with our handling of your complaint, you can contact the External Adjudication Secretariat, C/O Independent Healthcare Advisory Services, Centre Point, 103 New Oxford St, London WC1 1DU.



Appointment Details

Name:

Date:

Time:

Consultant:

About InHealth Limited

InHealth is a leading provider of diagnostic and imaging servicing operating exclusively in the UK working predominantly within the NHS, but also servicing the needs of private health care providers. We deliver excellent professional services across a range of modalities. We have a key part to play in the provision of high quality healthcare and in the working lives of the professionals within it.

The London Imaging Centre is run by InHealth Limited

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