

**PRIME**  
health



# Having an X-ray with Prime Health

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# Having an X-ray with Prime Health

We hope the information in this leaflet will explain what is involved when having an x-ray.

Although it is full of useful information, the leaflet is not designed to replace an informed discussion with your own Clinician before your appointment. However, we will be able to answer any questions or concerns about the x-ray when you arrive for your appointment.

All our facilities are wheelchair friendly.

## What is an x-ray?

An x-ray is a widely used diagnostic test. It is an effective way of examining the internal structures of the body and can be used to help detect a range of conditions or monitor existing conditions.

## Are there any risks?

An x-ray is a type of radiation known as ionising radiation. The dose from an x-ray is very low and the associated risks are minimal. The radiation from an x-ray is equivalent to that which we all receive from the atmosphere over a period of 2-3 days. The radiographer is responsible for making sure that your dose is kept as low as possible and that the benefits of having the x-ray outweigh any risk.

*It is important to tell your referring Clinician and the radiographer if there is any possibility that you are pregnant as radiation can be harmful for an unborn baby.*

Please inform the radiographer if you have had a similar x-ray recently. Each x-ray request will be checked by the radiographer to make sure it is properly justified and necessary.

## Do I need to make any special preparations?

You do not need to prepare for a routine x-ray at Prime Health. However, you may be asked to remove items of clothing or remove any jewellery that may interfere with the x-ray, for example, necklaces for chest x-rays, rings for hand x-rays.

## Can I bring a relative/friend?

Yes, subject to infection control restrictions. However, for safety reasons they will not be able to accompany you into the x-ray room, unless there are exceptional circumstances.

## When you arrive

Please follow the arrival instructions in your appointment confirmation letter.

During your appointment, you will be looked after by a small, specialised team, led by a radiographer who will carry out the x-ray.

The radiographer will ask you to confirm some details, including your identity and that you are happy for the x-ray to go ahead. This is a form of verbal consent and may only involve the radiographer checking you are booked for the correct x-ray.

For more information about Informed Consent please visit:

[nhs.uk/conditions/consent-to-treatment/](https://nhs.uk/conditions/consent-to-treatment/)

If you do not wish to have the x-ray or are undecided, please discuss it with the radiographer – they can answer any questions you may have.

### What happens during the x-ray?

Once in the x-ray room you will be advised on the position required for the examination. You may be asked to lie on the table or stand against the equipment so that the part of your body being examined is in the correct position.

The radiographer will stand behind a screen to take the x-ray.

You will need to stay still so the image is not blurred, but you will not feel anything and should feel quite comfortable.

### How long will it take?

The x-ray itself will only take a few seconds, but the radiographer may need to take further x-rays in different positions. This usually takes no more than 5 –10 minutes. Your appointment from start to finish is likely to be about 15 minutes.

### Are there any side-effects?

X-rays provide such a low dose of radiation that they are not believed to cause any immediate health problems.

### Can I eat and drink afterwards?

Yes, you can eat and drink as normal.

### When will I get the results?

The radiographer will not be able to give you any results at the time of your appointment. After the scan, the images will be examined by the radiologist who is responsible for producing a written report on their findings to send to your referring clinician. Our radiologists are all qualified doctors and specialise in specific body areas, giving you, and your referring clinician confidence in the accuracy of your report.

### Other sources of information

NHS: [nhs.uk/conditions/x-ray](https://nhs.uk/conditions/x-ray)

### Finally...

We hope we have provided all you need to know about your examination, but do please let us know if you have any further questions.

## Legal notice

This leaflet is intended only as general information. It should not replace advice from your own medical professional and Prime Health cannot accept any legal liability arising from its use.

We aim to make the information as up-to-date and accurate as possible, but please be aware that it can be subject to change.

Please discuss any specific advice about the investigation or any concerns you may have, with your referring clinician.

## Compliments, Concerns and Complaints

At Prime Health it is important to us that we give our patients the best care possible. Please contact us to let us know your views and experiences of using our services.

We are committed to improving what we do and how we do it and your feedback is particularly important. Following your appointment we will send you a questionnaire inviting you to provide feedback on your experience.

The Care Quality Commission ([cqc.org.uk](http://cqc.org.uk)) also likes to hear feedback from patients as it helps them to decide when, where and what services to inspect.

Any concerns and complaints from patients or their representatives will be investigated thoroughly.

If you are unhappy with the service or care we are providing, please tell a member of staff whilst at your appointment.

If you are still not satisfied, please contact our Governance Team:

### By email:

[governance@medicalimaging.org.uk](mailto:governance@medicalimaging.org.uk)

### By post:

Governance Team,  
Prime Health  
Unit 7, The Pavilions,  
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