

Your X-Ray and You

- Things you might like to know

Your Well-Being

- You are having an X-ray so that your doctor or health care practitioner can either make a diagnosis or monitor the progress of your treatment.
- Your doctor or health care practitioner can explain how the information gained will help to improve your diagnosis or treatment.
- Our overriding concern is to ensure that when you have an X-ray, the benefits from making the right diagnosis or providing the correct treatment outweigh the very low risk involved with the X-ray itself. We make sure that this is the case before you have an X-ray.

Our Standards

- Our X-ray equipment is regularly maintained and also subject to regular checks by our Radiographers and Medical Physics teams.
- This ensures that the amount of radiation we use is kept as low as possible to get the pictures we need. If there are any technical problems during the X-ray, we will tell you.

About X-Rays and Radiation

- X-ray machines use radiation to generate the "pictures" we need for your diagnosis and treatment.
- We are all exposed to natural background radiation every day of our lives. This comes from our environment, the air we breathe, the food we eat and even from outer space (cosmic rays).
- In Scotland, the largest contribution comes from natural radiation in the underlying rocks and building materials (granite). In any one year our exposure will vary according to where we've lived, where we may have flown to, and what we may have eaten.

Putting it in Perspective

- Each medical X-ray therefore gives us a small additional dose on top of this natural background radiation. The level of dose varies with the type of examination.
- Common X-ray examinations such as chest, the torso and the limbs, involve amounts of radiation that are equivalent to less than 3 months of natural background radiation.
- The X-ray you will be having today is one of those and carries a very low risk.

Scottish Medical Physics Network (MPNET)
Scottish Clinical Imaging Network (SCIN).



Did you know?

The correct term for your X-ray is a radiograph.

Did you know?

Over 10,000 radiographs are taken in Scotland every working day.

Age

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

Pregnancy

Please inform the radiographer if you are pregnant.



Consent

Please feel free to ask your doctor if you have any further questions or concerns.

You can refuse to have the X-ray if you do not feel you have sufficient information.