What is an X-ray?
An x-ray is a picture of the inside of the body made with high energy radiation. An x-ray can show bones, tissues or parts of organs. X-ray pictures do not hurt.

How are the pictures taken?
• The most important thing for your child to do is hold still. If he or she is too young or unable to hold still, we may use sandbags, sponges, tape, sheets and/or blankets to help keep them still.
• We want to take the fewest numbers of x-rays as quickly as possible, so we may ask you to help hold your child.* If you stay in the room during the x-ray, you must wear a lead apron.
• Your child may need to lie down, sit up or stand, depending on what body part is being x-rayed.
• Usually at least two x-rays (from different angles) are taken.

Who performs the test?
A radiologic technologist, a person licensed and trained to take x-rays, will take the pictures and check them to make sure they are of good quality.

Who looks at the pictures?
A pediatric radiologist, a doctor specially trained in children’s x-rays, will look at the pictures and send a report to your child’s doctor.

Are there any risks?
• Radiation in general is a risk. However, the amount of radiation used is the smallest amount possible to get the best pictures.
• A lead shield may be placed over your child’s private parts if it will not block the body part we are taking pictures of.
• Depending on the type of x-ray your child is having and if they are a female 10 years of age and above, the technologist will ask your child questions to make sure she is not pregnant.

What happens after the test?
• The technologist will give you any special instructions and let you know when your child can leave.
• After the test, your child may eat or drink as usual, unless your child’s doctor tells you not to feed him or her.

NOTE: You may stay with your child during the x-ray if you are not pregnant. Brothers and sisters will not be allowed in the room.

If there is a chance the patient may be pregnant, please tell us before the test so we can contact her doctor to see if the test still needs to be done.
PREPARING MY CHILD

Infants
Although you cannot explain the test to your baby, you can help them feel more secure during the test if you:

• Bring a special blanket, toy or pacifier.
• Comfort them with your presence and calm voice.

Toddlers and preschool-age children

• On the day of the test, tell your child that he or she will be having some “pictures” taken, so that the doctor can help them feel better.
• Use simple words and be honest with them.
• When you come to the hospital, bring a favorite book, toy or blanket.

School-age children

• One or two days before the test, tell your child that they are going to the hospital to have some “pictures” taken so the doctor can make them feel better.
• Use simple words. Be honest. Explain exactly what will happen.
• When you come to the hospital, bring along a favorite book, toy or handheld game.

Photographs/Videos
If you want to take any pictures or videos, please discuss this with the technologist before your child is taken into the exam room.

PATIENT NAME: ____________________________________________________________

APPOINTMENT DATE: ______________________________ TIME: ____________________

PATIENT PREPARATION/SPECIAL INSTRUCTIONS: ____________________________________________________________

__________________________________________________________

__________________________________________________________

Radiology Department at Arkansas Children’s Hospital
(501) 364-4912 • Open 7 days a week, 24 hours a day

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away. This is general information and is not specific medical advice for your child. Always consult your child’s doctor or other healthcare provider if you have any questions or concerns about the care or health of your child.