



**Arkansas
Children's**

HOSPITALS • RESEARCH • FOUNDATION



X-RAY

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, fluids, and air inside the body. Although certain positioning of the body might be uncomfortable, the actual taking of the x-rays does not hurt.

What to expect during the x-ray

- The x-ray machine is a large camera. The technologist will shine a light on the body part they are taking a picture of. The light is how the technologist aims the camera.
- Your child may need to lie down, sit up, or stand depending on what body part is being x-rayed.
- 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.
- 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 need to use items such as sandbags, sponges, tape, or sheets/blankets to help keep them still.
- Usually at least two x-rays (from different directions) are taken to give the Radiologist more information.

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.

How do I get the results?

- A pediatric radiologist, a doctor specially trained to read children's x-rays, will look at the pictures and send a report to your child's doctor.
- You can also view your results within 72 hours in MyChart. Please see someone at our front desk about signing up for MyChart.

Are there any risks?

- At Arkansas Children's we take many steps to order to lower the radiation dose to your child.
- 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 questions to make sure she is not pregnant and may have you sign a form

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: A parent/guardian will be allowed to accompany the child into the exam room; other arrangements should be made for siblings and other children. Women who are pregnant, or may be pregnant, will be asked to leave the exam room during the procedure. Please make sure that there is someone else available to accompany the child during the exam, if needed.

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

PLEASE DRESS YOUR CHILD IN COMFORTABLE CLOTHES THAT ARE FREE OF METAL (ZIPPERS, BUTTONS). A GOWN OR SHORTS CAN BE PROVIDED IF CLOTHING INTERFERES.

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

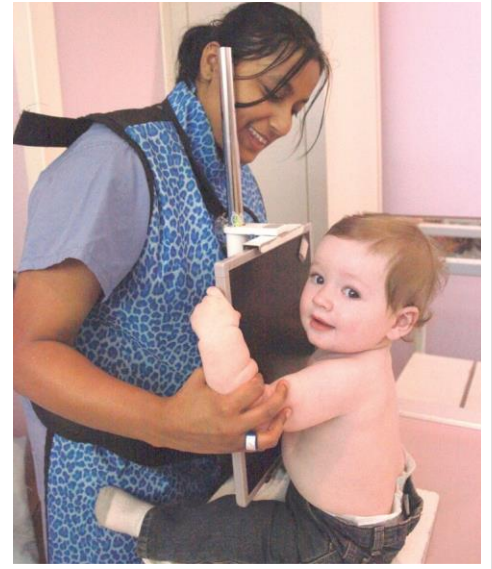
- On the day of the test, tell your child that he or she will be having some “pictures” taken, so that the doctor can help them feel better.
- Use simple words and be honest with them.
- When you come to the hospital, bring a favorite book, toy or blanket.

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

The privacy of our patients and staff is important to us. No photographs or videos are allowed. Please turn off your cell phone before entering the x-ray exam room. Thank you for respecting the privacy of others.



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.