
What is an X-ray?

An X-ray:

- Is a picture of the inside of the body.
- Is made with special rays.
- Can show bones, tissues or parts of organs.
- Does not hurt when pictures are taken.

How do you take the X-ray?

A radiologic technologist (person trained in taking X-rays) will take you and your child into the X-ray room.

- The most important thing for your child to do is hold still. If they are too young or unable to hold still, the team may use sandbags, sponges, tape, or sheets and blankets to help keep your child still.
- We want to take the smallest number of X-rays as fast as possible, so we may ask you to help hold your child.
- Your child will need to lie down, sit up or stand. This depends on what body part is getting an X-ray.
- Most often, at least 2 views (from different angles) are taken.

NOTE: You may stay with your child during the X-ray. Pregnant mothers and siblings under the age of 18 will not be allowed in the room.

Who takes the X-ray?

A pediatric trained radiologic technologist will take the X-ray. They will work with the pediatric radiologist, a doctor specially trained in children's X-rays, to make sure the pictures are of good quality.

Who looks at the X-ray?

A pediatric radiologist will look at all the pictures. They will send the results to the care provider who ordered the X-ray. If there are important results to share right away, they will contact your child's doctor that same day.

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 is used where possible to protect the organs. During some tests, a lead shield may not be used.
- If there is a chance the parent is pregnant, we will ask that they step out of the X-ray room, even when wearing a lead apron.

What happens after the X-ray?

- The technologist or nurse will give you any special instructions and let you know when your child can leave.
- Your child may eat or drink like normal unless the doctor tells you not to feed them.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

X-ray, continued

When do I get the results?

- The radiologist will look at the pictures and send a report to the care provider who ordered the X-ray.
- If there is a serious problem that needs treatment, your child's doctor will be called before you leave the Radiology department.
- Your child's doctor will call you with the results in about 2 to 3 business days.
- After 24 hours, you will be able to read the results in your child's MYchart account.

How should I prepare my child?

Babies

You can help your baby feel more secure during the test if you:

- Bring a favorite blanket, toy or pacifier.
- Comfort them with your presence and voice.
- Bring juice or formula to feed them **after** the test.

Toddlers and preschoolers

Young children can get anxious about tests. The best time to talk with them is right before the test.

- On the day of the test, tell your child that they will be getting some "pictures" taken so the doctor can help them feel better.
- Use simple words, and tell the truth.
- Let your child know that you will stay with them as much as possible.
- Bring a favorite book, toy or blanket.
- Bring a snack for **after** the test.

School-age children

School-age children have good imaginations. They may scare themselves by imagining something much worse than the actual test.

- One or 2 days before the test, tell your child that they are going to the hospital to get some "pictures" taken.
- Use simple words, and tell the truth. Explain exactly what will happen.
- Let your child know that you will stay with them as much as possible.
- Bring a favorite book, toy or game.
- Bring a snack for **after** the test.

Please note: If there is a chance your child may be pregnant, tell us before the test. The care team will call the doctor to see if your child still needs the test.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.