

WHAT IS AN X-RAY?

X-RAY BASICS

An X-ray is a way to take a picture of the inside of your body using a large camera that painlessly sends X-ray beams through your body. The picture will help your doctor learn more about your body's health.

STEP ONE

X-rays are either done in a room with a large camera or in a hospital room using a portable camera.



STEP TWO

An X-ray technician will help you get into the best position for the picture. You will either sit up or lay down, depending on the area of your body that is being photographed. The tech will place a small, hard board behind the area of your body that is being photographed. This board catches the X-ray beams to create the picture.



STEP THREE

The tech will place a heavy blanket over parts of your body that will not be in the picture, like your lap.



STEP FOUR

The tech will now step out of the room to take the picture. A support person may be able to stay in the room with you if they wear a heavy vest that looks like a chef's apron.



STEP FIVE

It is important to keep your body very still during your picture. This only takes a few seconds.



STEP SIX

Your tech will come back into the room. They may move the hard board to a new spot and take another picture. This might happen a few times.



STEP SEVEN

Once your tech has taken the last picture, they will remove the hard board and heavy blanket. The photos will be sent to your doctor.



COPING

While having an X-ray can be stressful, there are many ways to make the process easier.

Relax your body.

While it may seem difficult, keeping your body relaxed will help you feel calmer and less nervous. When you start to feel worried, try to:

- Take deep breaths, counting to 5 as you inhale and then counting to 5 as you exhale
- Listen to music
- Imagine how your body feels when you are relaxed
 - Where are you?
 - What are you doing?
 - Who are you with?

Talk to your caregiver(s), doctors, and nurses.

Tell them what would make you the most comfortable and ask questions if you don't understand something.