

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 big camera. The picture will help your doctor learn more about your body.

STEP ONE

X-rays pictures can be taken in a special room where a bed is connected to an X-ray camera or in a regular hospital room by an X-ray camera on wheels.



STEP TWO

An X-ray technician, or tech, will first help you lay down or sit in a good position. Then they will put a small, hard board under or behind the part of your body that is being photographed.



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 grownup 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 plate 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 so they can learn more about your body.



HELPFUL HINTS

While you are getting your picture taken, you can hold onto a stuffed animal or squishy ball, listen to music, or watch a video on a tablet.

