

## Are you pregnant?

- Tell your primary health care provider before your appointment if there is any chance that you may be pregnant.
- If you have any questions, please contact the X-ray department where your test will be done before your appointment.

## For more information about the professionals involved in your health care, visit:

- Canadian Association of Medical Radiation Technologists (CAMRT)  
› [www.camrt.ca](http://www.camrt.ca)
- Canadian Association of Radiologists (CAR)  
› [www.car.ca](http://www.car.ca)

Nova Scotia Health Diagnostic Imaging supports the Choosing Wisely Canada campaign.  
For more information, visit:  
<https://choosingwiselycanada.org/>

What are your questions?  
Please ask.  
We are here to help you.

### Looking for more health information?

Find this pamphlet and all our patient resources here:

<https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

*Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

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*Designed by: Nova Scotia Health Library Services*

The information in this pamphlet is for informational and educational purposes only. The information is not intended to be and does not constitute health care or medical advice. If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.

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# Having an X-ray

## What is an X-ray?

- X-rays are the most common type of diagnostic imaging test. They can be used to identify a fractured bone, a chest infection, something blocking the bowel, and more.
- X-rays are not painful, but there may be some vibration or noise. The images that are taken will be saved on a computer to be viewed by a radiologist (a doctor who specializes in reading X-ray images) and other health care staff, if needed.

## Who will do the X-ray?

- A clerk will register you for your X-ray and ask you questions to check your personal information.
- A Medical Radiation Technologist (MRT) will talk with you before your test, make sure your information is correct, and answer any questions you may have.

- After the MRT takes your X-ray, the images will be sent to the radiologist. A report will be sent to your primary health care provider or specialist.

## How long will the test take?

- The more images we need to take, the longer the test will take. If your primary health care provider has requested a chest X-ray, it should take about 5 minutes. If images of many body parts are needed, it may take up to 30 minutes. If you have mobility (movement) issues, your appointment may take longer.
- Please make sure that you are ready for your test. **Do not wear any metal items (like jewelry or a belt buckle), especially near the area where images will be taken.**

## What will happen during the test?

- You will be asked to stand in front of, or lay on, a special detector. We will then take the X-ray images. The MRT will help to position you for the test and may ask you to hold your breath for a short time.
- The test will not cause discomfort, although you may be asked to stay in an awkward position. **It is important that you stay as still as you can in order to get the highest quality images.**

