

What is X-Ray?

An X-ray is a test that produces images of the structures inside your body — particularly your bones.

X-ray beams pass through your body, and they are absorbed in different amounts depending on the density of the material they pass through.



What is X-Ray?

Dense materials, such as bone and metal, show up as white on X-rays. The air in your lungs shows up as black. Fat and muscle appear as shades of grey.



Preparing for an X-ray Exam

Depending on what part of your body is being imaged, you may be asked to:

- Take off some or all of your clothing and wear a hospital gown
- Remove metal objects, such as a belt, jewelry, dentures and eyeglasses, that might interfere with image results
- Refrain from eating or drinking for a few hours before your procedure

What to expect during an X-ray exam

- A simple X-ray exam can take anywhere between 5 and 20 minutes.
- An X-ray procedure can take up to several hours.
- A technologist in a separate room can see and hear you. You will be able to communicate with the technologist.

What to expect during an X-ray exam

- The technologist may ask you to hold your breath at certain points to avoid blurring the images.
- For some types of X-ray tests, a contrast agent, such as iodine or barium, is introduced into your body to provide greater detail on the images.

Important X-ray safety information

- During X-ray exams, you will be briefly exposed to ionizing radiation. The low doses of radiation used in X-ray exams have not been shown to cause long-term harm.
- We use the lowest dose of radiation possible to obtain the needed medical information.
- Newer, faster machines and techniques require less radiation than was previously used.

*If you are or may be pregnant,
please inform your technologist!*