

Getting an X-Ray at *Hennepin Healthcare*

A GUIDEBOOK FOR PEDIATRIC PATIENTS AND THEIR FAMILIES

What is an X-Ray?



An x-ray machine is a camera that takes a picture of the inside of your body.

This picture helps to tell doctors if a part of your body is not feeling right or hurts.

A “tech” is the person who takes these pictures.

Getting Ready

If there are any zippers or jewelry near the part of your body your pictures are being taken, the tech will ask you to shift or change your clothes.

This is because it causes “sparkles,” or artifacts, in your pictures!



The X-Ray Room

When you come into the x-ray camera room, you will see a small area with a computer, where the tech sits.

Next to the computer area is a room with the x-ray camera and a bed where some kids get their x-rays taken.



Getting an Abdominal X-Ray



If the doctors want to see a picture of what is going on in your belly, they will have an “abdominal x-ray” taken.

For this picture, you will be asked to lie down on the bed and to hold very still.

Getting an Abdominal X-Ray



For the doctors to be able to get a good picture, they need film for the x-ray. This black square will either slide right under your body for the picture or into a drawer under the bed.

It might be cold, but it won't hurt!

Getting an Arm or Hand X-Ray

If the doctors want to see a picture of what is going on in your hand or arm, they will have an x-ray picture of your hand or arm taken.

For this picture, you will be asked to sit in a chair and stay very still with your arm out in front of you.

A light from the camera will shine down onto your hand/arm so the photographer knows which part of your arm is in the picture.



Getting an Arm or Hand X-Ray



For the doctors to be able to get a good picture, they need film for the x-ray. This black square will slide between your hand/arm and the table.

You will also wear a heavy little pillow on your lap during your pictures. It doesn't hurt.

It might be cold, but it won't hurt!

Once the film is in place, the tech will step out of the room to take the x-ray. Stay still for just a couple of seconds and the picture will be finished!

Getting a Chest X-Ray

If the doctors want to see a picture of what is going on in your chest, they will have a “*chest x-ray*” taken.

For this picture, you will be asked to stand up against the camera.

A light from the camera will shine onto your chest so the photographer knows which part of body is in the picture.



Getting a Chest X-Ray



You may need photos of your chest from the side. The tech will have you turn a little bit and put your hands up on a bar so that your arm isn't in the way for your picture.

You will also wear a heavy little pillow around your waist during your pictures. It doesn't hurt.

Once you're in the right spot, the tech will step out of the room to take the x-ray. Stay still for just a couple of seconds and the picture will be finished!