

## ADVICE PRIOR TO YOUR X-RAY EXAMINATION

If you think you are to have an X-ray examination and you are able, please follow the advice below. This has been drawn up to assist in **minimising your examination time** and also **for patient comfort**. If you do not have suitable attire or your X-ray examination does not appear on the list, do not worry as hospital gowns will be provided. Read the following list of examinations, the radiographers would be much obliged if you could follow these guidelines:

### **Knee X-ray examination:**

- Men where possible please wear LOOSE fitting trousers that can be pulled up with ease above your knee. Alternatively if you can wear shorts beneath your trousers this will suffice.
- Women where possible please wear LOOSE fitting trousers that can be pulled up with ease above your knee. Alternatively, if you can, wear a skirt or other garment where the knee can be readily exposed.

### **Pelvis and/or Hip X-ray examination and/or Lumbar Spine X-ray examination:**

- Where possible wear trousers that have no buttons or zips or metalwork on them, e.g. Slacks, joggers, tracksuits, elasticated skirt, etc. If this is not possible, you are more than likely to be changed into a hospital gown.
- Ensure your pockets are empty e.g. no coins, keys, wallet etc (these will show up on X-ray and obscure anatomy).
- Do not wear a belt (buckles, etc. will show up on X-ray and obscure anatomy).
- Women should avoid wearing corsets and/or suspenders and underwear with diamantes. For Lumbar spine X-rays women may be required to remove their bra and wear a hospital gown. Please wear a top with no zips or buttons – e.g. T-shirt.

### **Cervical Spine X-ray examination**

- Please remove all earrings, hairclips and necklaces.
- Where possible please wear a top with no zips or buttons – e.g. T-shirt.

### **Shoulder X-ray examination**

- Please remove any necklaces.
- Please wear a top with no zips or buttons – e.g. T-shirt.
- Women may be required to remove their bra and wear a hospital gown, (alternatively if you are wearing a plain T-shirt your bra may be removed only and we can successfully X-ray your shoulder through the T-shirt and/or gown).

### **Foot and/or Ankle X-ray examination**

- You will be asked to remove your shoes and socks.
- Tights are fine and do not need to be removed.

### **Chest X-ray examination**

- Please wear a top with no zips or buttons – e.g. T-shirt.
- Please remove all necklaces.
- Women will be required to remove their bra and change into a gown, (alternatively if you are wearing a **plain** T-shirt your bra may be removed only and we can successfully X-ray your chest through the T-shirt and/or gown).

### **Wrist X-ray examination**

Please remove any watches/bracelets.

### **Hand X-ray examination**

If possible please remove any rings and any watches/bracelets.

**Note** if you are attending for a 'pre-operative assessment', there is the possibility of you being referred for a chest X-ray examination.

**Patients unable to follow these instructions and where indicated, will be assisted/directed to change into a gown before their X-ray examination.**

**Thank you for your assistance**