

# Having an X-Ray

An x-ray takes pictures of the inside of your body so that your doctor can check bones or organs for problems. The test is safe, quick and painless. The type of x-ray you have will depend upon the area being looked at and why.

**If you are pregnant, or think you might be, tell the staff before the test.**

## **To Prepare**

You may need to remove clothing with metal parts, snaps or zippers. You may also need to remove jewelry or eyeglasses. You may be asked to wear a hospital gown.

## **During the Test**

You may be given a heavy apron to protect other parts of your body from exposure to the x-rays.

Staff will help position you for the test, then move behind a wall. You may be told to hold your breath or to not move for a short time. Movement can cause the pictures to be blurry.

Most x-rays only take a few minutes.

## **After the Test**

Test results will be sent to your doctor. Your doctor will discuss the results with you.

# X 光检查

X 光检查是拍摄身体内部的照片，以便医生检查骨骼或器官是否有问题。检查安全、快速、无痛。您所接受的 X 光检查类型，取决于检查部位和检查原因。

**若您怀孕或认为自己可能怀孕，检查前要向工作人员说明。**

## 准备工作

可能需要除去带金属部件、扣件、拉链的衣物。另外，可能还需要摘去首饰或眼镜。可能需要穿医院发给的罩衣。

## 检查过程

可能会发给您一件很重的防护裙，防止 X 光照射身体的其他部位。

工作人员会帮助您调整检查的姿势，然后工作人员退到墙后。可能会要求您短时间内屏气或不要移动身体。移动身体可能导致照片模糊。

大多数 X 光检查只要几分钟时间。

## 检查之后

检查结果送至医生处。医生会将检查结果通知您。

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