

Time for pictures!

You're going to get an **X-ray**.
Here's what that's all about.



What is an X-ray?

An X-ray is a picture taken of the bones or organs (stomach, lungs) found on the inside of your body. An X-ray helps give doctors important information so they can help that part of your body feel better.



Arriving at the hospital

When you come to the hospital for your X-ray, you and your caregiver will check in at registration in the main lobby of the hospital. You and your caregiver will get a bracelet to wear. The bracelet has your name and birthday on it.



Where you'll wait

After registration, you and your caregiver will go to the radiology waiting room and check in with a receptionist at the front desk. There's a little room just for kids! This room has a table, chairs and a TV. When it is time for your pictures, a radiology technologist (or tech for short) will come to the waiting room and call your name.



There's hospital PJs!

Before your X-ray, you will need to take off any metal — like jewelry, hair clips, or a watch. If your clothes have anything shiny or glittery on them, we will give you some hospital pajamas to wear for the X-ray.



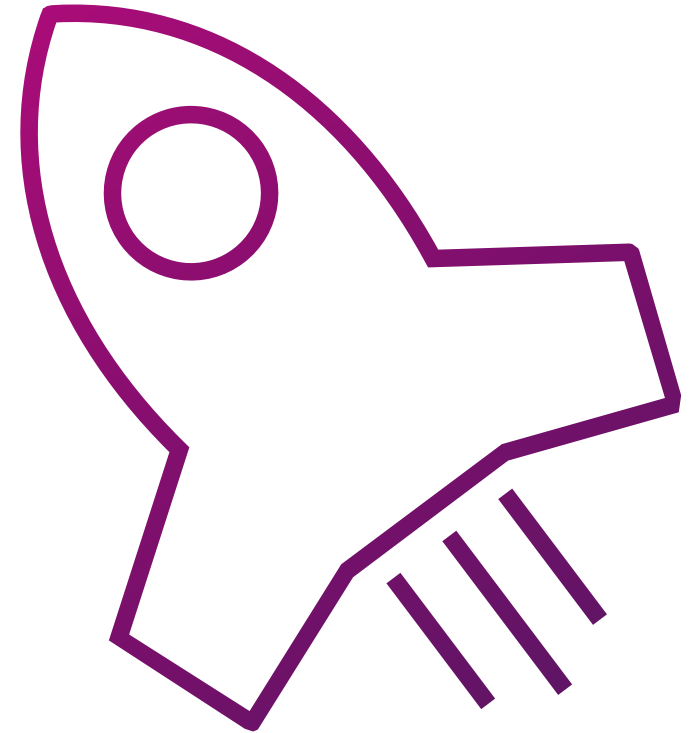
Your care team

Because we only want pictures of you, everyone else in the room will wear a lead apron — even the grown-ups who came with you. They'll also wear something over their neck that's called a "thyroid shield."



Getting your X-ray pictures

X-rays do not hurt. The X-ray camera moves up and down and side to side over the area of the body where you need the picture. You may lie down or stand up for your pictures, depending on the type of picture your doctor wants.



Staying still

Your job is to hold your body still during the X-ray. Just like regular pictures, if you move the pictures will come out blurry. Can you practice holding your whole body as still as a statue?

Sometimes it's hard to hold still during the pictures. Here are a few ideas to help:

- Close your eyes and think of a song you can sing in your head.
- Close your eyes and imagine that you're at your favorite fun place. Who is with you? What is the weather like? What sounds do you hear around you?
- Use your imagination. Maybe you're in outer space or in a castle!



Our child life specialists are here to help

Child life specialists can help reduce a child's fear associated with the hospital environment. They do this through therapeutic play, developmentally appropriate medical preparation and coping support. They can help you and your family understand what to expect during an X-ray.



Questions?

After reading this, you might have questions. Feel free to write them down (by yourself or with the help of your caregiver) and bring them with you to the hospital. We will make sure all your questions are answered before we start!



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GREAT JOB!

**That's the end of your X-ray.
You're all done.**

