

What is an X-Ray?



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An X-Ray takes special pictures of the inside of your body.



Who is a radiographer?

A radiographer is a person who will be doing your X-Ray.



Will it hurt?

The X-Ray will not hurt.



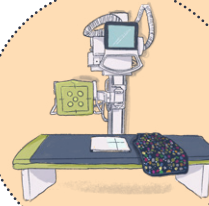
What happens after?

Your X-Ray pictures will be sent to your doctor.

Step by step



You can bring a parent in the room with you. They may need to wear a **special apron**.



The X-ray machine will take **pictures of the inside of your body**.



You will be asked either to: sit down, lie on a bed, or stand up. You will need to **stay still**.



When the X-Ray is finished, you can get up and get dressed and **go home or back to the ward**.

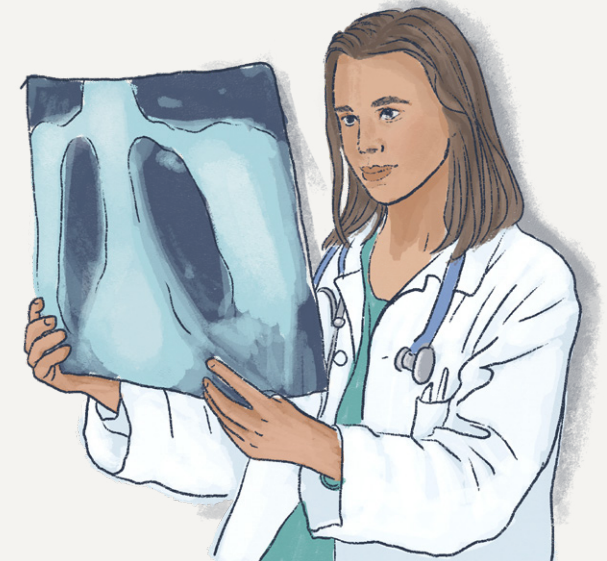
Coping with your worries

Don't worry if you feel scared or worried before your X-Ray – **it is quite normal.**



If you need help with your worries look around and try to find...

-  **4 things** you can see
-  **3 things** you can touch
-  **2 things** you can hear
-  **1 thing** you can smell



For further support and information about your procedure

Please scan this QR code and it will take you to the Paediatric Psychology website.



ABUHB Paediatric Psychology Service

Contact:

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