

Procedural Anxiety

Fluoroscopy

What is a Fluoroscopy?

Fluoroscopy scans are when a camera makes a video of the inside of your body.

It uses brief bursts of an X-ray beam to show internal organs and tissues moving in real time on a computer screen.

Standard X-rays are like photographs, whereas fluoroscopy is like a video.



What is fluoroscopy used for?

Doctors use fluoroscopy for diagnosis and visual guidance during some procedures.

Who will I meet?

You will meet a radiologist and a radiographer who will perform your test for you.

Are there any risks?

The scan uses very small amounts of radiation to make sure it is safe for you.



How can I prepare?

This depends on the type of fluoroscopy procedure and why you're getting it.

Some procedures don't require any special preparations. For others, you may have to avoid certain medications and/or fast (not eat or drink anything except water) for several hours before the imaging procedure.

Some helpful tips for you to prepare are:

- Dress comfortably in clothes that are easy to take off.
- Bring books or a toy to help you relax during the test.
- Avoid wearing jewellery and metal (zippers, snaps, sequins).

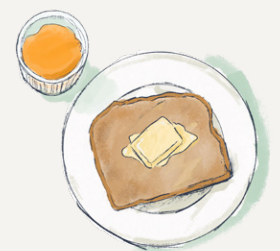


Sometimes, you may have to have a contrast material to help the doctor see your body parts better. This can be given to you in your mouth via a drink, or through a catheter.

What happens after?

You will be given special instructions and will be told when you can leave.

Afterwards, you can eat or drink as usual, unless your doctor tells you not to.



The specialist will send a report to your doctor about your fluoroscopy.

Step by Step

- Our radiology team will take you to the examination area.
- The technologist will explain the procedure to you and your parent/carer and ask you pre-screening questions.
- You may have to change into a comfortable gown for the procedure.
- A Parent/carer can stay in the room with you, but they will need to wear a lead apron.
- You will lie on an examination table and be asked to move into different positions to get the pictures the radiologist needs.
- A specialist puts an X-ray machine over the area of your body needing to be scanned.
- The procedure usually takes 30 to 40 minutes to complete.
- Once the procedure is finished, you will be able to get dressed and then you can leave to go home or go back to the ward.



ABUHB Paediatric Psychology Service

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Coping with nervous feelings

It is important to remember that it is normal to be scared or nervous before a fluoroscopy test.

Here are some ways to distract yourself:

- Read a book
- Play a game
- Listen to music
- Talk to someone
- Imagine being somewhere nice



If you are really worried you can ask the specialist for support from a play specialist. They will be able to help you manage your nervous feelings and they will support you through your test.

Here are some apps with helpful free content –



It can also be helpful to use strategies to help shift your attention outside of your body – you could try this exercise!

Try and name...



4 things you can see



3 things you can touch



2 things you can hear



1 good thing about you

For further support and information about your procedure

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

