

Procedural Anxiety

# X-Ray Scan

## What is an X-Ray scan?

An X-ray scan takes pictures of the inside of your body.

The X-ray machine is a big camera that takes special pictures of you.

A radiographer will be doing your X-Ray scan.



### Do I need it?

X-rays are used for looking at different parts of your body including bones, teeth and stomach.

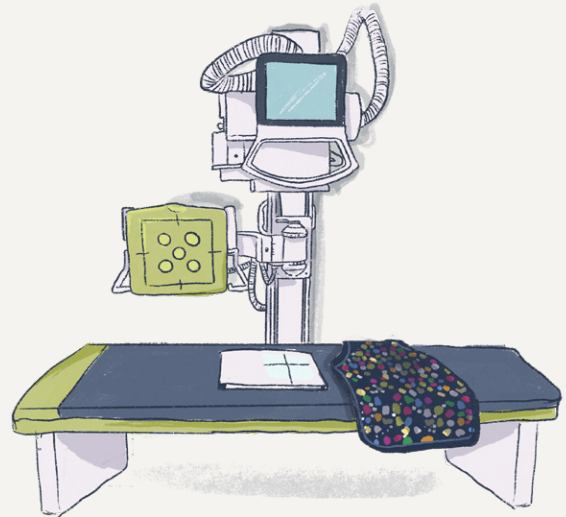
### Are there any risks?

The scan uses a very small amount of radiation called X-rays to create the picture.

You are exposed to small amounts of X-rays every day.

These X-Rays do not hurt you and you can not feel them.

We will use small amounts of radiation to create the best pictures.



### How does it work?

The X-ray machine sends X-ray radiation to pass through your body.

The radiation cannot pass through solid parts of the body, like your bones.

This means the X-rays bounce back towards the X-ray machine, and these areas will look white on the picture

### What will happen?

Wear clothes that do not have metal/sequins/zips on them.

You may need to wear a hospital gown, this looks a bit like a dressing gown.

You will have your X-ray.

After the X-ray, the radiologist will look at the pictures and write a report to send to your doctor.

Your doctor will then meet with you to talk about the results.



# Coping with nervous feelings

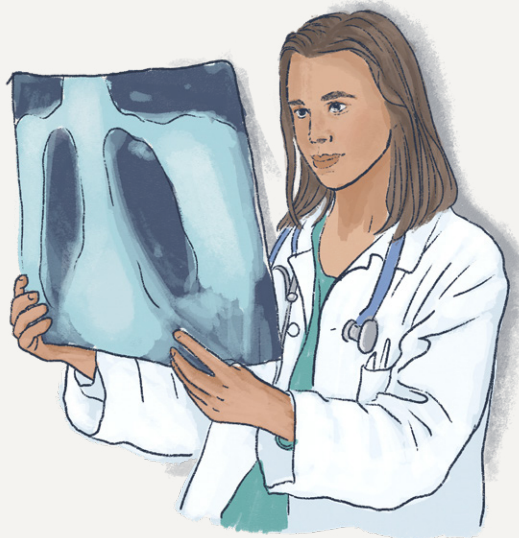
## Step by Step

- You can bring a parent/ carer in the room with you. They may need to wear a special lead apron, just like the radiographers.



You will be asked to sit down, lie on a bed or stand up in a certain position, depending on which part of your body is being scanned.

- You will need to stay very still while they take the pictures. This is really important, to make sure that the pictures aren't blurry.
- When enough pictures have been taken, you will be able to get dressed and go home or back to the ward. The radiologist will send a report about the scan to your doctor.



For further support and information about your procedure

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



Don't worry if you feel scared or nervous before your procedure – it's quite normal!

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 for support from a play specialist. Play specialists will help you manage your nervous feelings and support you through your X-Ray.

Remember, you can bring a parent with you. It is important to tell a trusted adult if you are feeling worried.

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

ABUHB Paediatric Psychology Service

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