



Patient Resource Sheet

X-Ray



What is it?

X-rays create special black and white pictures of the inside of your body. X-rays are used to see broken bones, lung infections and more! This test usually only takes 5 – 10 min.

What happens during the procedure?



Chest X-ray & Abdominal X-ray

1. The technician may ask you either stand or lie down.
2. Stretch your hands up over your head.
3. Take a big, deep breath and hold your breath for 3-5s.



Watch this!

[What happens when my child has an X-ray?](#)



Hand X-ray

1. Sit on a chair
2. Put your hand on a table while the picture is taken



Leg X-ray

1. Sit up on a table.
2. Stretch your leg in front of you while the picture is taken.



If you want to learn more, ask your doctor/nurse to give the Child Life Therapist a call when you are staying in the hospital!

Resources:

<http://freelogovectors.net/cartoon-kids/>
<https://kidshealth.org/en/parents?WT.ac=p-bc>