

## Keeping you and your family safe during your visit:

Wear your hospital ID bracelet while you are at the hospital.

Let us know if you:

- Have had a fall in the last year.
- Require a cane, walker, crutch or wheelchair.
- Feel confused, dizzy or might lose your balance.

We are happy to provide any assistance you need.

Use hand sanitizer from the stations provided to help promote infection control.

Help us create a barrier free environment by identifying any entry, exit or services we provide, that may limit your accessibility.

Ask for our free interpretation services or free captioning service apps available to use on your smartphone if you are deaf, deafened or hard of hearing.

We take pride in providing equal care for all. With your help, we can improve our service and provide a safer healthcare environment. During your visit:

- Let us know how we are doing.
- Tell us if we can provide better care for you.
- Ask us questions about anything you don't understand.

Form 300370 (05/2023)

### Birchmount hospital

3030 Birchmount Road  
Scarborough, ON M1W 3W3  
416-495-2400

### Centenary hospital

2867 Ellesmere Road  
Scarborough, ON M1E 4B9  
416-284-8131

### General hospital

3050 Lawrence Avenue East  
Scarborough, ON M1P 2V5  
416-438-2911



@SHNcares



SHN.ca

# SHN DIAGNOSTIC IMAGING

## X-Ray and Fluorography

A guide for patients and families



## What are X-Rays?

X-rays are a form of ionizing radiation which are used to produce images of organs and bones of the body. They are a quick and effective way to diagnose disease, pathology and help with treatment.



Fluorography is a method of using X-rays to produce images in real-time. It can demonstrate movement and function of internal structures and used as imaging guidance for certain procedures such as implants.

Examinations that use X-rays include Mammograms, Computed Tomography (CT) and Arteriograms (blood vessel investigations).

Having an X-ray examination does expose you to ionizing radiation, but the amounts used in medical imaging is low and limited to only what is needed.

The benefits and risks of the examination are reviewed before it is performed.

Ionizing radiation is not recommended for pregnant women. Before having an X-ray examination, let your doctor or healthcare professional responsible for your care know if you are pregnant or think you might be.

## What should I expect?

During your visit, you may be asked to change into a gown or remove jewelry, eyeglasses or any metal objects because they can interfere with the images.

You may be asked to lie down or stand up against a flat imaging plate. You will be instructed when to keep still or hold your breath, so the images aren't blurred.

Sometimes a substance called contrast media is needed to better visualize parts of the body. It can be swallowed as a drink, given as an enema via the rectum or injected directly into a joint or the blood vessels. The contrast medium we use is safe and side effects are rare.

If contrast is needed, we will ask you some questions about your medical history and check your suitability, before your examination.

## How do I prepare?

Most X-ray examinations don't need any special preparation. You will be advised if any specific instructions are needed by our booking department.



## How long does it take?

Depending on the type of exam, it can vary from 5 to 20 minutes to perform.

The images will be interpreted by one of our Radiologists (Imaging specialists) and the results sent to your physician.

## Let us know if you:

- Are diabetic, asthmatic, have allergies or any heart, kidney or liver problems.
- Had a previous reaction to contrast media.
- Have any questions or concerns about your X-ray examination.