

X-rays for Children - A guide for parents and caregivers



What is an X-ray?

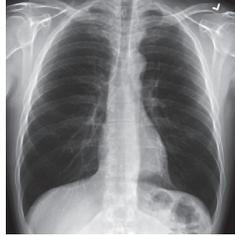
X-ray is a form of radiation that passes through our body to form an image. Different types of tissue absorb X-rays differently. Dense tissue like bones appears brighter white, air in the lung has black shadows, and soft tissues appear in different shades of grey.

X-ray images allow the doctor to see the inside of the body, and help them diagnose and treat various conditions.

Why does my child need an X-ray?

Your child's doctor may ask your child to take an X-ray to check for broken bones, or to check if a certain organ in the body is healthy. The doctor can then treat your child, and make him/her feel better.

Sometimes, if a child swallowed a foreign body (eg, a toy/a door key), the doctor can use X-ray to find the location of the object.



What to expect?

X-ray is safe and painless. No special preparation is required.

For a clear x-ray picture, your child may need to change into a hospital gown because buttons, zips or other articles on the clothing will affect the clarity of the X-ray picture.

You can accompany your child into the X-ray procedure room. It is important that your child stays still during the examination to obtain a clear X-ray picture. As with any photo taking session, you are strongly encouraged to explain to your child the necessity of remaining still during the procedure.

In the procedure room, you will be provided a special garment that protects you from receiving unnecessary radiation during the examination process and to ensure your safety. For your child, depending of the area being examined, he/she will also be provided the necessary protection accordingly.

If you are pregnant, please ask another caregiver to accompany your child.



Chest X-ray

Generally requires taking one image. Depending on the age of your child, this can be done either lying down or in an erect position. Breathing instructions may be required of your child.



Skull X-ray

Generally requires two images with your child lying on the X-ray table.

Lateral Neck X-ray

Generally requires one image and your child will be asked to stand.



X-rays of limbs (e.g. hand, wrist, elbow, foot, leg) Generally requires images of the relevant area in two positions. Your child may be asked to sit for upper limbs X-rays, and lie down on X-ray table for lower limbs X-rays.



Abdominal X-ray

Generally requires one or two images. Your child may be asked to stand next to a pedestal or lie down on the X-ray table.

Hip/Pelvis / Spine X-ray

Generally requires one or two images and your child will be required to lie down on the X-ray table.

Other Information

The time it takes to complete the X-ray study depends on the number of images generally required and the body part to be examined.

Feel free to approach the radiographer to find out how many images are required in the examination and what positions your child is expected to be in.

Having an X-ray does not hurt. However your child may be required to hold an uncomfortable position very still for about 5-10 seconds. Encourage and continue to praise them for their cooperation. Keeping still is important to prevent blurring of the X-ray image, in which case repeat X-ray images may be required.

Getting the results

After the X-rays are taken, you will be asked to wait for a few minutes while the image is being processed. The radiologist will review the image and the report will be sent to your doctor who will then discuss the result with you. If requested by your doctor, the films may be handed directly to you to return to your doctor.



Is there any risk?

Generally, X-rays are very safe. It is important to know that the radiographer uses the minimum amount of radiation required to acquire the best results. Although any exposure to radiation poses some risk to the body, the amount used is low and not considered dangerous. The benefits of these tests far outweigh the risk.

How can you help?

You can help prepare your child for X-ray by

- Explaining the test and what to expect (a few days before, if possible)
- Reassuring your child that getting an X-ray is like posing for a photo and it does not hurt
- Practicing holding of breath and keeping still (with older toddlers)
- Stay with your child in the X-ray room to help them calm down and stay still when X-ray is taken



If you and your child have any doubts, please feel free to approach the radiographers. We are always happy to answer further questions from parents and patients.

My First X-ray

Your guide to X-ray - for children



Hi, my name is Ryder.
I need to do an X-ray.

X-ray is a camera that takes a picture of the inside of my body.

When my doctor looks at my X-rays pictures, my doctor will know if I am okay and he will know how to make me feel better again.



Today I am taking X-ray of my chest. I need to change into a special gown.

Daddy says I look like a superhero.



Daddy says the person who takes the X-ray picture of me is called a radiographer.

A radiographer? Does the radiographer shoot laser at me with his supersonic laser gun?

Daddy says that X-ray is like posing for a picture and it does not hurt at all.

Soon the radiographer brings my daddy and I into an X-ray room. She is nice and friendly. And she does not have a laser gun.



My daddy and I are given an apron to wear. It is a little heavy, just like a knight's armour which protects us! It is okay, it does not hurt.

I keep my body still like a statue, and Daddy helps me count. The radiographer goes into the special room to take a picture of me.

Beep.. It does not hurt at all.

And I can keep still like a statue to the count of 8!

The radiographer is very happy with my pictures.



She gives me a big thumb up!

My friend Ashlee has taken some X-rays too. Can you guess which body parts are these in the X-ray?



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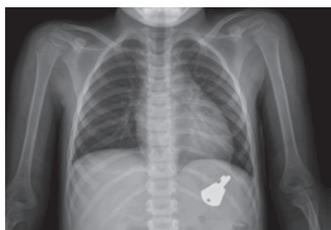
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Oh no.. Mia needs help!!

She swallowed something and it makes her feel very uncomfortable. Can you tell what is in her tummy?



It is really important to keep super still while having your picture taken, so that your picture will not be blurry.

Hold your body super still like a frozen statue.



Can you freeze like a statue to the count of 1...2...3...4...5...6...7...8...9...10 seconds? You can blink but do not move



Or the hungry dinosaur will notice you!

Ryder can freeze for 8 counts, how about you?

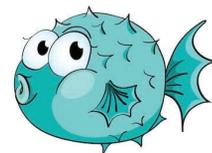
For older children, if you are having your chest X-ray taken, you may be asked to take a deep breath in, and hold the breath for a few seconds. Remain as still as possible to prevent blurring of the image.

As soon as the picture is taken, the radiographer will tell you to relax and breathe normally again.

Puffy, the green puffer fish can hold her breath for

1...2...3...4...5...6 counts!

Can you hold your breath for 10 counts?





If you have further concerns or questions, please approach our staff:

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