



Imaging Patient Education

General X-Ray





Imaging Patient Education

What you should know about your *Abdomen X-ray*:

Purpose:

Abdomen x-rays are usually done for abdominal (belly) pain, obstruction, upset stomach, or to find air or gas patterns.

Preparation:

- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may also be asked to remove jewelry, eye glasses, and any metal objects or clothing that interferes with the x-rays.

Procedure - What to Expect:

- We will verify your name, date of birth, and the exam you will be having done.
- We will take a brief history.
- The average exam time is 15 minutes.
- One x-ray will be taken lying on an x-ray table.
- You may have to stand or lay on your side for one or two additional x-rays.
- Tell the technologist IMMEDIATELY if you get dizzy.
- The technologist will give you special breathing instructions.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

****Note**** you will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any change of pregnancy.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207



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What you should know about your *Ankle X-ray*:

Purpose:

A bone x-ray is done to determine whether or not the bone has been fractured or dislocated. An x-ray can be taken of any bone in the body, including the hand, wrist, arm foot, ankle, knee or leg.

Preparation:

- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may also be asked to remove jewelry, eye glasses, and any metal objects or clothing that interferes with the x-rays.

Procedure - What to Expect:

- We will verify your name, date of birth, and the exam you will be having done.
- We will take a brief history.
- For most of the x-rays you will either sit or stand.
- The technologist will carefully move the part to be examined in several different ways.
- You must hold very still during the exam.
- These exams could be uncomfortable depending on your injury.
- We may do an x-ray of the uninjured limb for comparison purposes for patients under the age of 16.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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What you should know about your *Barium Enema Without Air*:

Purpose:

The procedure allows the radiologist to examine your lower digestive tract, also known as large bowel or colon, by using a combination of liquid barium and air.

Preparation:

- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may also be asked to remove jewelry, eye glasses, and any metal objects or clothing that interferes with the x-rays.
- Bring a list of all medications you are currently taking.

The day before the exam:

- Clear liquid diet.
- Drink 1 bottle of citrate of magnesium in morning around 9 a.m. (can be purchased at a local pharmacy).
- Take 2 Dulcolox tablets at 6 p.m.

Before bed:

- Use 1 fleet enema (can be purchased at a local pharmacy).
- NPO after midnight.

Morning of exam:

- Use 1 fleet enema (can reuse original enema vial by filling with tap water).

Procedure - What to Expect:

- We will verify your name, date of birth, and the exam you will be having done.
- We will take a brief history.
- You will be asked to lie on the x-ray table.
- We will take one preliminary x-ray of your abdomen.
- A lubricated enema tip will be inserted into your rectum. It is specially designed to help you hold the enema, but the sensation will make you feel like you need to move your bowels.

- Some liquid barium will run through the tip into your colon. This will give you a full feeling as it fills your colon. The radiologist will be watching with the fluoroscopic machine as this proceeds.
- Some of the barium will be drained out, and you are rolled from side to side to allow the barium to coat the lining of your colon.
- You may feel some discomfort, but the examination is generally not painful.
- When the whole colon is filled with barium, the technologist will take some additional x-rays with the conventional x-ray machine.
- You will then be assisted into the bathroom to expel the barium, and then you will return to the x-ray room for an additional x-ray.

After the Test:

- You should drink extra amounts of liquids to help flush any residual barium out of your colon. If necessary, you may take a laxative to help this process.
- You may resume your normal diet and routine.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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What you should know about your *Barium Enema With Air*

Purpose:

This procedure allows the radiologist to examine your lower digestive tract, also known as large bowel or colon, by using a combination of liquid barium and air.

Preparation:

- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may also be asked to remove jewelry, eye glasses, and any metal objects or clothing that interferes with the x-rays.
- Bring a list of all medications you are currently taking.

The day before the exam:

- Clear liquid diet.
- Drink 1 bottle of citrate of magnesium in morning around 9 a.m. (can be purchased at a local pharmacy).
- Take 2 Dulcolox tablets at 6 p.m.

Before bed:

- Use 1 fleet enema (can be purchased at a local pharmacy).
- NPO after midnight.

Morning of exam:

- Use 1 fleet enema (can reuse original enema vial by filling with tap water).

Procedure: What to Expect:

- We will verify your name, date of birth, and the exam you will be having done.
- We will take a brief history.
- You will be asked to lie on the x-ray table.
- We will take one preliminary x-ray of your abdomen.

- A lubricated enema tip will be inserted into your rectum. It is specially designed to help you hold the enema, but the sensation will make you feel like you need to move your bowels.
- Some liquid barium will run through the tip into your colon. This will give you a full feeling as it fills your colon. The radiologist will be watching with the fluoroscopic machine as this proceeds.
- Some of the barium will be drained out, and some puffs of air will be sent through the tip to inflate the loops of your colon as you are rolled from side to side to allow the barium to coat the lining of your colon.
- You may feel some discomfort, but the examination is generally not painful.
- When the whole colon is filled with barium, the technologist will take some additional x-rays with the conventional x-ray machine.
- You will then be assisted into the bathroom to expel the barium, and then you will return to the x-ray room for an additional x-ray.

After the Test:

- You should drink extra amounts of liquids to help flush any residual barium out of your colon. If necessary, you may take a laxative to help this process.
- You may resume your normal diet and routine.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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What you should know about your *Bone Density Study*:

Purpose:

Osteoporosis thins and weakens bones, making them fragile. Men and women are both at risk for osteoporosis, but women who have gone through menopause are most at risk. Other risk factors include: small frame < 127 lbs., history of smoking, family history of osteoporosis, steroid use, loss of height, and age > 65. A bone density study measures how dense your bones are. In general, the lower the bone density, the higher your risk for fracture.

Preparation:

- Be prepared to give the name of any medicines you take.
- Wear something comfortable, and try to avoid clothing with metal snaps or zippers.

Procedure: What to Expect:

- We will verify your name, date of birth, and the exam you will be having done.
- We will take a brief history.
- The bone density test is done at the WellSpan Adams Health Center.
- A technologist will take you to the exam room, explain the exam, and will ask questions about your health history.
- The test takes about 20-30 minutes.
- You be placed on a table, where you will need to lie flat on your back.
- A small scanner will scan your hip and lower spine, and possibly your forearm.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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What you should know about your *Bone X-ray*:

Purpose:

A bone x-ray is done to determine whether or not the bone has been fractures or dislocated. An ankle x-ray can be taken of any bone in the body, including the hand, wrist, arm, foot, ankle, knee or leg.

Preparation:

- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may also be asked to remove jewelry, eye glasses, and any metal objects or clothing that interferes with the x-rays.

Procedure - What to Expect:

- We will verify your name, date of birth, and the exam you will be having done.
- We will take a brief history.
- For most of the x-rays you will sit, stand, or lie on a table.
- The technologist will carefully move the part to be examined in several different ways.
- You must hold very still during the exam.
- These exams could be uncomfortable depending on you injury.
- We may do an x-ray of the uninjured limb for comparison purposes for patients under the age of 16.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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What you should know about your *Cervical Spine X-ray*:

Purpose:

This exam is usually done for sprains, fractures, trauma injury, or arthritis.

Preparation:

- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may also be asked to remove jewelry, eye glasses, and any metal objects or clothing that interferes with the x-rays.

Procedure - What to Expect:

- We will verify your name, date of birth, and exam you will be having done.
- We will take a brief history.
- Depending on the injury, you will either lie or stand for your x-rays.
- The exam takes about 15 minutes.
- The technologist will gently move your neck in several different positions to get the x-rays.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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What you should know about your *Chest X-ray*:

Purpose:

This exam is usually done to see the lungs, ribs or sternum. The most common symptoms for chest x-rays are a cough and rib fractures. Chest x-rays are the most commonly performed exam and can be done for many different reasons.

Preparation:

- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may also be asked to remove jewelry, eye glasses, and any metal objects or clothing that interferes with the x-rays.

Procedure - What to Expect:

- We will verify your name, date of birth, and the exam you will be having done.
- We will take a brief history.
- You will stand against and face a board for the exam, and be given special breathing instructions.
- The exam takes about 15 minutes. The exam is usually comfortable, except if you would have rib fractures.
- Tell the technologist if you become short of breath or dizzy.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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What you should know about your *Elbow X-ray*:

Purpose:

A bone x-ray is done to determine whether or not the bone has been fractured or dislocated. An x-ray can be taken of any bone in the body, including the hand, wrist, arm, foot, ankle, knee or leg.

Preparation:

- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may also be asked to remove jewelry, eye glasses, and any metal objects or clothing that interferes with the x-rays.

Procedure - What to Expect:

- We will verify your name, date of birth, and exam you will be having done.
- We will take a brief history.
- For most x-rays you will either sit or stand.
- The technologist will carefully move the part to be examined in several different ways.
- You must hold very still during the exam.
- These exams could be uncomfortable depending on your injury.
- *We may do an x-ray of the uninjured limb for comparison purposes for patients under the age of 16.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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What you should know about your *Esophagram*:

Purpose:

The examination allows the radiologist to see your esophagus, the tube that leads from your mouth into your stomach. It is sometimes done in conjunction with an Upper GI series, which also evaluates the stomach.

Preparation:

- Do not eat or drink after midnight the night before your exam.
- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may also be asked to remove jewelry, eye glasses, and any metal objects or clothing that interferes with the x-rays.
- Your exam will take approximately 30 minutes.
- Bring a list of all medications you are currently taking.

Procedure - What to Expect:

- We will verify your name, date of birth, and the exam you will be having done.
- We will take a brief history.
- If you have not had a recent chest x-ray, we will take one before we give you anything to drink
- If your symptoms include your throat we will take a neck x-ray in addition to the chest.
- You will begin the test with you standing, and the x-ray table in an upright position.
- You will be asked to swallow a small amount of granules or crystals with a small amount of water. The granules create air in your stomach and esophagus when they are swallowed and cause them to expand.
- You will then be asked to swallow some liquid containing barium. It will coat your esophagus and stomach and allow us to see their lining.
- The table will be turned to a horizontal position and you will be asked to roll into various positions to allow us to see your anatomy from different angles.
- You may be asked to swallow a tablet of compressed barium so that we can see how bites of food pass into your stomach.
- You may experience some pressure in your stomach from the gas, which will dissipate later, but the test is generally not uncomfortable or painful.

After the Test:

- You should drink extra amounts of liquids to help flush the barium out of your system. If necessary, you may take a mild laxative to help this process.
- You may resume your normal diet and routine.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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What you should know about your *Feet (bilateral) X-ray*:

Purpose:

A bone x-ray is done to determine whether or not the bone has been fractured or dislocated. An x-ray can be taken of any bone in the body, including the hand, wrist, arm, foot, ankle, knee or leg.

Preparation:

- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may also be asked to remove jewelry, eye glasses, and any metal objects or clothing that interferes with the x-rays.

Procedure - What to Expect:

- We will verify your name, date of birth, and the exam you will be having done.
- We will take a brief history.
- For most of the x-rays you will either sit or stand.
- The technologist will carefully move the part to be examined in several different ways.
- You must hold very still during the exam.
- These exams could be uncomfortable depending on your injury.
- *We may do an x-ray of the uninjured limb for comparison purposes for patients under the age of 16.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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What you should know about your *Hand (bilateral) X-ray*:

Purpose:

A bone x-ray is done to determine whether or not the bone has been fractured or dislocated. An x-ray can be taken of any bone in the body, including the hand, wrist, arm, foot, ankle, knee or leg.

Preparation:

- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may also be asked to remove jewelry, eye glasses, and any metal objects or clothing that interferes with the x-rays.

Procedure - What to Expect:

- We will verify your name, date of birth, and the exam you will be having done.
- We will take a brief history.
- For most of the x-rays you will either sit or stand.
- The technologist will carefully move the part to be examined in several different ways.
- You must hold very still during the exam.
- These exams could be uncomfortable depending on your injury.
- *We may do an x-ray of the uninjured limb for comparison purposes for patients under the age of 16.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

****Note**** you will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any change of pregnancy.

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What you should know about your *Head, Facial and Mandible (Jaw) X-ray*:

Purpose:

This exam is done to find fractures, sinusitis, and foreign bodies (objects that do not belong in your body). It is usually done on the sinuses, skull, nasal (nose) bones, jaw, and facial bones.

Preparation:

- You will be asked to remove all hair clips, bobby-pins, barrettes, hearing aids, hair ties, earrings, nose rings, and glasses.

Procedure - What to Expect:

- We will verify your name, date of birth, and the exam you will be having done.
- We will take a brief history.
- The average exam time is 15 minutes.
- During your exam you may have to either sit, stand or lie down for each image.
- The exam could be uncomfortable, depending on your injury or illness.
- The technologist will move your head different positions in order to get the x-rays.
- You may breathe during the x-ray, but you must hold very still.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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What you should know about your *Hysterosalpingogram*:

Purpose:

The exam is performed to demonstrate the size and shape of the uterus and evaluate the potency of the fallopian tubes as a possible cause for infertility.

Preparation:

- Exam should be scheduled within 7-10 days of the onset of your menstrual cycle with the physician (GYN/OB) who will be performing your study.
- You should not engage in unprotected sex until after the examination.
- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- Bring a list of all medications you are currently taking.

Procedure - What to Expect:

- We will verify your name, date of birth, and the exam you will be having done.
- We will take a brief history.
- The test will take approximately 30 minutes.
- You will be lying on the x-ray table.
- There will be an x-ray technologist, radiologist, and your gynecologist working together to perform this exam. Your gynecologist will insert instruments for the study similar to those used in other gynecology examinations. You may feel some discomfort or pinching as this happens.
- Your gynecologist will let you know what to expect as he or she is performing the examination.
- A contrast material will be injected through the instruments already in place. This will allow us to visualize the uterus and fallopian tubes.
- You may experience some pressure and cramping during the injection.
- The injection is usually over in a matter of seconds.
- The radiologist may instruct you to turn slightly in either direction to allow us to obtain images from various angles.
- The instruments will be removed.

After the Test:

- You may experience some residual pain or discomfort.
- We will provide you with a sanitary napkin to absorb any post procedural discharge.
- Your gynecologist may give you additional instructions.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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What you should know about your *Knee X-ray*:

Purpose:

A bone x-ray is done to determine whether or not the bone has been fractured or dislocated. An x-ray can be taken of any bone in the body, including the hand, wrist, arm, foot, ankle, knee or leg.

Preparation:

- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may also be asked to remove jewelry, eye glasses, and any metal objects or clothing that interferes with the x-rays.

Procedure - What to Expect:

- We will verify your name, date of birth, and exam you will be having done.
- We will take a brief history.
- For most of the x-rays you will either sit, stand, or lie on a table.
- The technologist will carefully move the part to be examined in several different ways.
- You must hold very still during the exam.
- These exams could be uncomfortable depending on the injury.
- *We may do an x-ray of the uninjured limb for comparison purposes for patients under the age of 16.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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What you should know about your *Pelvis or Hip X-ray*:

Purpose:

These x-rays are done to check for fractures, arthritis, or dislocations.

Preparation:

- You may be asked to remove some or all of your clothes and to wear a gown during the exam.

Procedure - What to Expect:

- We will verify your name, date of birth, and exam you will be having done.
- We will take a brief history.
- You will lie either on the stretcher or x-ray table for this exam.
- The x-ray takes approximately 15 minutes.
- The technologist will move you around on an x-ray table to get the x-rays. He or she will give you special breathing instructions.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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What you should know about your *Rib X-ray*:

Purpose:

This exam is usually done for arthritis or fractures.

Preparation:

- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may also be asked to remove jewelry, eye glasses, and any metal objects or clothing that interferes with the x-ray images.

Procedure - What to Expect:

- We will verify your name, date of birth, and exam you will be having done.
- We will take a brief history.
- For the x-rays you will lie on a table or stand against a special x-ray board.
- The technologist will carefully position you depending on location of the injury (front or back).
- You may be asked to hold your breath during the exposure of the x-ray.
- You must hold very still during the exam.
- These exams could be uncomfortable depending on your injury.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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What you should know about your *Shoulder/Clavicle (collarbone) X-ray*:

Purpose:

These x-rays are done to check for fractures, arthritis, or dislocations.

Preparation:

- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may also be asked to remove jewelry, eye glasses, and any metal objects or clothing that interferes with the x-ray images.

Procedure - What to Expect:

- We will verify your name, date of birth, and exam you will be having done.
- We will take a brief history.
- For the x-rays you will lie on a table, sit in a chair or stand.
- The technologist will carefully move your shoulder/clavicle (collarbone) in different ways.
- You must hold very still during the exam.
- These exams could be uncomfortable depending on your injury.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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What you should know about your *Small Bowel Exam*:

Purpose:

This exam allows the radiologist to see your small intestines, that part of your upper digestive tract which begins after the stomach and leads to the large intestine or colon.

Preparation:

- You may not have anything to eat or drink for 10 hours before your exam; if you need to take medications, please call your physician for instructions.

Procedure - What to Expect:

- You will be in the department for approximately 1 to 2 hours, though the
- We will verify your name, date of birth, and exam you will be having done.
- We will take a brief history.
- We will take one preliminary x-ray of your abdomen.
- We will have you drink approximately 3 cups of barium liquid. We will ask you to try to drink all of it within 15 minutes, to begin to fill your small intestine. You will wait in the dressing area while you are drinking.
- We will take an x-ray every 20 minutes for the first hour, while we observe the progress of the barium through your bowels. Once the x-ray has been obtained, you will return to the dressing area. If the exam extends beyond 1 hour, we will take x-rays every 30 minutes thereafter, or as prescribed by the radiologist.
- Once the barium reaches the junction between the small and large intestines, the radiologist will take a look with the fluoroscopic machine to evaluate that area.
- The exam is generally not uncomfortable or painful.

After the Test:

- You should drink extra amounts of liquids to help flush the barium out of your colon. If necessary, you may take a mild laxative to help this process.
- You may resume your normal diet and routine.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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What you should know about your *Speech Study*:

Purpose:

The purpose of this exam is for a speech therapist to look at your esophagus (throat) while swallowing.

Preparation:

- There is no preparation needed for this exam.

Procedure - What to Expect:

- We will verify your name, date of birth, and exam you will be having done.
- We will take a brief history.
- You will sit on a chair for this exam.
- There will be an x-ray technologist, a radiologist and a speech therapist working together for this exam.
- The speech therapist will have a tray of different foods and barium to drink. The therapist will mix some barium with food and will select which foods to give to you.
- As you eat or drink, the therapist and radiologist will take x-rays to see your ability to swallow.

After the Test:

- When you are finished with this test the therapist will review the results and will explain what you will be able to eat or drink.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

****Note**** you will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any change of pregnancy.

If you have questions or need additional information,
please call Gettysburg Hospital's Imaging Department:
(717) 337-4207



Imaging Patient Education

What you should know about your *Thoracic and Lumbar Spine X-ray*:

Purpose:

These x-rays are done to check for fractures, ruptured discus, sprains or pain.

Preparation:

- You may be asked to remove some or all of your clothes and to wears a gown during the exam.
- You may also be asked to remove jewelry, eye glasses, and any metal objects or clothing that interferes with the x-ray images.

Procedure - What to Expect:

- We will verify your name, date of birth, and exam you will be having done.
- We will take a brief history.
- Your exam will take approximately 20 minutes.
- You will lie on a hard x-ray table for the exam.
- The technologist will move you on the x-ray table using sponges to help you stay in the position needed for the x-ray.
- These exams could be uncomfortable, depending on your injury.

After the Test:

- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

****Note**** you will be exposed to a very small amount of ionizing radiation which carries no long term risk. Women should always inform their physician or x-ray technologists if there is any change of pregnancy.

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