



Patient Education X-ray



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 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 medical history.
- Depending on the injury, you will either lie or stand for your x-rays.
- The exam takes about 15 minutes.
- One or more x-rays 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 Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



A service of York Hospital

What you should know about your Ankle X-ray.

Purpose:

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

Preparation:

You may be asked to remove jewelry 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 procedure you will be having done.
- We will take a brief history.
- For most of the x-ray 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.

After Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



What you should know about your **Arthrogram**

Purpose:

An Arthrogram is a radiographic study of a joint or joints. Joints that can be examined this way include the knee, shoulder, hip, wrist, elbow and ankle joints. Arthrograms are performed in conjunction with either MRI's or Cat Scans. One of these exams will be performed after the arthrogram.

Preparation:

 You will be contacted by hospital personnel a few days prior to your exam to review your allergies, medical history and current medications.

While at the hospital you should expect:

- You will be asked to verify your name, date of birth and the exam you are having done.
- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may be asked to remove jewelry, eye glasses and any metal objects that may interfere with the x-rays.

Procedure: What to Expect

- You will be asked again to verify your name and date of birth and the exam you are having done.
- Before your exam begins, a nurse will ask you about any allergies you may have, current medications, medical
 history and may also take your vital signs.
- Prior to signing the consent for the exam, the radiologist will talk with you about the exam and answer any questions you may have.
- The radiologist and technologist will perform your arthrogram together.
- You will need to lie on a hard x-ray table for the exam.
- Sterile technique will be utilized during the exam, as the area of interest will be properly cleansed.
- The radiologist will inject Lidocaine into the joint, which will numb the area of interest.
- The radiologist will then inject contrast medium into the joint space and take x-rays. You may be asked to move the joint so that the radiologist can obtain different views.
- Once the radiologist is finished taking x-rays, you will be taken to another area of the Imaging Department for the final phase of your exam (MRI or Cat Scan).

12/12 Page 1 of 2

Arthrogram continued

After the Test:

- You will be able to resume normal activity, although the area of interest may feel "tight" or slightly numb due to the Lidocaine being injected.
- Your exam will be read by a radiologist and the report will be sent to your ordering 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 technologist if there is any chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624

12/12 Page 2 of 2



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:

- Take four dulcolax tablets and one 6-8 oz. bottle of magnesium citrate the evening before the exam.
- Take one Fleet enema one hour before your scheduled appointment.
- You will be asked to follow a low residue diet for two days before the study. Avoid fruits and vegetables other
 than potatoes. Avoid all fried foods, highly seasoned foods, coarse whole grain cereals and breads (hot
 bread, pastry, rice cakes, and cookies). Avoid jams or preserves with skins and seeds of fruit (nut and dried
 foods).
- Nothing by mouth after liquid breakfast on the day of the 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, and any metal objects or clothing that interferes with the x-rays.

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 exam you will be having done.
- We will take a brief medical history.
- You will be asked to lie on the x-ray table.

Revised 5/10, 11/12 Page 1 of 2

Barium Enema with Air continued

- 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 a combination of air and 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 air and barium, and then you may return to the x-ray room for an additional x-ray before you leave the radiographer room and return to the gowning area.

After the Exam:

- You should drink extra amounts of liquids to help flush any residual 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.

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 chance of pregnancy.

Imaging Department Phone Number: 717851-4624

Revised 5/10, 11/12 Page 2 of 2



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

Purpose:

This procedure allows the radiologist to examine your lower digestive tract, also known as large bowel or colon.

Preparation:

- Take four dulcolax tablets and one 6-8 oz. bottle of magnesium citrate the evening before the exam.
- Take one Fleet enema one hour before your scheduled appointment.
- You will be asked to follow a low residue diet for two days before the study. Avoid fruits and vegetables other
 than potatoes. Avoid all fried foods, highly seasoned foods, coarse whole grain cereals and breads (hot
 bread, pastry, rice cakes, and cookies). Avoid jams or preserves with skins and seeds of fruit (nut and dried
 foods).
- Nothing by mouth after liquid breakfast on the day of the 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, and any metal objects or clothing that interferes with the x-rays.

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 exam you will be having done.
- We will take a brief medical history.
- You will be asked to lie on the x-ray table.
- We will take one preliminary x-ray of your abdomen.

Revised 5/10, 11/12 Page 1 of 2

Barium Enema without Air continued

- 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.
- 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 may return to the x-ray room for an additional x-ray before you leave the radiographer room and return to the gowning area.

After the Exam:

- You should drink extra amounts of liquids to help flush any residual 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.

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 chance of pregnancy.

Imaging Department Phone Number: 717 851-4624

Revised 5/10, 11/12 Page 2 of 2



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 names 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 exam you will be having done.
- We will take a brief medical history.
- The bone density test is done at the East York Diagnostic Center and Women's Imaging Center.
- A technologist will take you to the exam room, explain the procedure, and will ask questions about your health history.
- The test takes about 20-30 minutes.
- You will 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 Exam:

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

Imaging Department Phone Number: (717) 851-4624



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 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 medical history.
- You will stand against and face a board for the exam, and you 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 Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



A service of York Hospital

What you should know about your Clavicle X-ray.

Purpose:

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

Preparation:

You may be asked to remove jewelry 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 procedure you will be having done.
- We will take a brief history.
- For most of the x-ray 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.

After Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



What you should know about your Elbow X-ray.

Purpose:

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

Preparation:

• You may be asked to remove jewelry 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 procedure you will be having done.
- We will take a brief history.
- For most of the x-ray 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 Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



What you should know about your **Esophagram**.

Purpose:

This procedure 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:

- If you are only having an esophagram you may not have anything to eat or drink for two hours before the test.
- If you are having an Upper GI Series done at the same time, you may not have anything to eat or drink for 10 hours before the test. If you need to take medications, please call for instruction.
- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- Your exam will take approximately 30 minutes.

Procedure: What to Expect

- We will verify your name, date of birth and exam you will be having done.
- We will take a brief medical history.
- If you have not had a recent chest x-ray, we will take one before we give you anything to drink.
- We 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 the 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 Exam:

- 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.

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



What you should know about your *Femur X-ray*.

Purpose:

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

Preparation:

• You may be asked to remove jewelry 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 procedure you will be having done.
- We will take a brief history.
- For most of the x-ray 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.

After Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



What you should know about your *Finger X-ray*.

Purpose:

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

Preparation:

• You may be asked to remove jewelry 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 procedure you will be having done.
- We will take a brief history.
- For most of the x-ray 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.

After Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



What you should know about your *Foot X-ray*.

Purpose:

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

Preparation:

You may be asked to remove jewelry 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 procedure you will be having done.
- We will take a brief history.
- For most of the x-ray 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 Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



What you should know about your *Forearm X-ray*.

Purpose:

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

Preparation:

• You may be asked to remove jewelry 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 procedure you will be having done.
- We will take a brief history.
- For most of the x-ray 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.

After Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



What you should know about your *Hand X-ray*.

Purpose:

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

Preparation:

You may be asked to remove jewelry 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 procedure you will be having done.
- We will take a brief history.
- For most of the x-ray 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 Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



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 exam you will be having done.
- We will take a brief medical history.
- The average exam time is 15 minutes.
- You will most likely lie on an x-ray table for the exam.
- 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 Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



What you should know about your *Humerus X-ray*.

Purpose:

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

Preparation:

You may be asked to remove jewelry 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 procedure you will be having done.
- We will take a brief history.
- For most of the x-ray 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.

After Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



What you should know about your <u>Hysterosalpingogram</u>.

Purpose:

This procedure is performed to demonstrate the size and shape of the uterus and evaluate the openness of the fallopian tubes and determine whether they may be a possible cause for infertility.

Preparation:

- Procedure should be scheduled within 7-10 days of the onset of your menstrual cycle with the physician (OB/GYN) 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.

Procedure: What to Expect

- We will verify your name, date of birth and exam you will be having done.
- We will take a brief medical history.
- The test will take approximately 30 minutes.
- You will be asked to lay 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 Exam:

- 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.

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624

New 2/07, 11/12 Page 1 of 1



What you should know about your <u>IVP (Intravenous Pyelogram)</u>.

Purpose:

An IVP uses x-ray dye to see your kidneys, ureters and bladder.

Preparation:

- You must discontinue taking the medication Glucophage and certain other diabetic medications. Contact your physician for further instructions.
- You will be asked a series of health questions, including allergies. If you have an allergy to x-ray dye you will
 need medicine prior to the exam to avoid a reaction.
- You may not eat 6-8 hours before the test, but you may drink liquids up to 2 hours before the test.

Procedure: What to Expect

- We will verify your name, date of birth and exam you will be having done.
- We will take a brief medical history.
- You will be asked to read a consent form regarding the exam and you will have the opportunity to have your
 questions answered before signing the form. This consent form is required for any test involving the "dye" or
 contrast medium.
- You will receive an IV in your arm to inject dye, unless you already have an IV.
- You will be lying flat on a hard table for the test (about 30-60 min).
- You will have preliminary x-rays taken before injecting the x-ray dye.
- When the dye is injected, you may get a metallic taste in your mouth and a warm feeling.
- After the technologist injects the x-ray dye, a series of x-rays will be taken.
- After the last series of x-rays, a radiologist will review the x-rays and tell the technologist if additional x-rays are needed.
- When no more x-rays are needed, you will be asked to empty your bladder and additional x-rays will be taken.

After the Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



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

Purpose:

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

Preparation:

You may be asked to remove jewelry 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 procedure you will be having done.
- We will take a brief history.
- For most of the x-ray 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 Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



What you should know about your <u>Lower Leg X-ray</u>.

Purpose:

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

Preparation:

You may be asked to remove jewelry 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 procedure you will be having done.
- We will take a brief history.
- For most of the x-ray 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.

After Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



What you should know about your <u>Lumbar Spine X-ray</u>.

Purpose:

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

Preparation:

You may be asked to remove jewelry 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 procedure you will be having done.
- We will take a brief history.
- For most of the x-ray 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.

After Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



What you should know about your Myelogram Study.

Purpose:

A myelogram is an exam done to look at the parts of your central nervous system in the spinal canal. This exam is done for the neck, upper back and lower back area.

Preparation:

- You will be contacted by hospital personnel a few days prior to your exam to review your medical history and any allergies you may have.
- You should not eat anything eight hours prior to your exam.
- You should not drink anything two hours before your exam.

While at the hospital you should expect:

- We will verify your name and date of birth.
- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may be asked to remove jewelry, eye glasses and any metal objects that may interfere with the x-rays.

Procedure: What to Expect

- You will be asked to verify your name, date of birth and the exam you are having done.
- Before your exam begins, a nurse will ask you about any allergies you may have, current medications, medical
 history and may also take your vital signs.
- Prior to signing the consent for the exam, the radiologist will talk with you about the exam and answer any
 questions you may have.
- The radiologist and technologist will perform your myelogram together.
- You will need to lie on your stomach for the exam.
- The radiologist will clean the area of your back by using a sterile technique. He or she will also inject Lidocaine, which will numb the area of interest.
- Once the area is numb, the radiologist will place a needle into the space around the spinal column.
- The radiologist will then inject contrast medium (x-ray dye) into the spinal column and take x-rays.
- After x-rays are taken, the needle is removed and a Band-aid is placed where the needle was located.
- You may have a CT scan after the radiologist takes the x-rays.
- The exam lasts one to two hours.

12/12 Page 1 of 2

Myelogram continued

After the Test:

- It will take approximately four hours to recover. You will rest in your hospital room or in the Short Stay Unit.
- You will have your head raised slightly, no more than 30 degrees.
- Your vital signs will be taken often during the first hour.
- Rest for 24 hours after your exam. After 24 hours, you may return to your usual activities.
- Your exam will be read 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 technologist if there is any chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624

12/12 Page 2 of 2



What you should know about your <u>Pelvis or Hip X-ray</u>.

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 procedure 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 exam 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 Exam:

• 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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



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 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 procedure 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 Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624

11/12 Page 1 of 1



What you should know about your <u>Sacrum/Coccyx X-ray</u>.

Purpose:

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

Preparation:

You may be asked to remove jewelry and any metal objects or clothing that may interfere with the x-rays.

Procedure: What to Expect

- We will verify your name, date of birth and procedure you will be having done.
- We will take a brief history.
- For most of the x-ray 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.

After Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



What you should know about your <u>Scoliosis X-ray</u>.

Purpose:

These x-rays are done to check for curvature of the spine.

Preparation:

You may be asked to remove jewelry and any metal objects or clothing may interfere with the x-rays.

Procedure: What to Expect

- We will verify your name, date of birth and procedure you will be having done.
- We will take a brief history.
- For most of the x-ray 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.

After Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



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

Purpose:

These x-rays are done to check for arthritis, fracture or dislocation.

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 may interfere with the x-ray images.

Procedure: What to Expect

- We will verify your name, date of birth and procedure you will be having done.
- We will take a brief history.
- For the x-rays you will lie on a table 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 Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624

New 7/07 Page 1 of 1



What you should know about your **Shoulder X-ray**.

Purpose:

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

Preparation:

You may be asked to remove jewelry and any metal objects or clothing that may interfere with the x-rays.

Procedure: What to Expect

- We will verify your name, date of birth and procedure you will be having done.
- We will take a brief history.
- For most of the x-ray 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.

After Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



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

Purpose:

This exam allows the radiologist to see your small intestines, the 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 exam can sometimes take up to 6 hours.
- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- We will verify your name, date of birth and procedure 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 15 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.
- 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 Exam:

- You should drink extra amounts of liquids to help flush any residual 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.

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624

7/07, 11/12 Page 1 of 2



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 procedure 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.

Procedure:

- 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 Exam:

- 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.
- The therapist and the radiologist will determine your results of this exam.

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624

7/07, 11/12 Page 1 of 1



What you should know about your Spinal Tap (Lumbar Puncture)

Purpose:

A spinal tap is performed to obtain a sample of your spinal fluid for testing.

Preparation:

- You will be contacted by hospital personnel a few days prior to your exam to review your medical history and any allergies you may have.
- You should not eat anything eight hours prior to your exam.
- You should not drink anything two hours before your exam.

While at the hospital you should expect:

- We will verify your name and date of birth.
- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You may be asked to remove jewelry, eye glasses and any metal objects that may interfere with the x-rays.

Procedure: What to Expect

- You will be asked to verify your name, date of birth and the exam you are having done.
- Before your exam begins, a nurse will ask you about any allergies you may have, current medications, medical
 history and may also take your vital signs.
- Prior to signing the consent for the exam, the radiologist will talk with you about the exam and answer any
 questions you may have.
- The radiologist and technologist will perform your spinal tap together.
- You will need to lie on your stomach for the exam.
- The radiologist will clean the area of your back by using a sterile technique. He or she will also inject Lidocaine, which will numb the area of interest.
- Once the area is numb, the radiologist will place a needle into the space around the spinal column.
- We will collect a sample of spinal fluid from the spinal column.
- The needle is removed and a Band-aid is placed where the needle was inserted.
- You should expect to be in the imaging department for approximately 60 minutes.

12/12 Page 1 of 2

Spinal Tap continued

After the Test:

- It will take approximately two hours to recover. You will rest in your hospital room or in the Short Stay Unit.
- You will have your head raised slightly, no more than 30 degrees.
- Your vital signs will be taken often during the first hour.
- Rest for 24 hours after your exam. After 24 hours, you may return to your usual activities.
- Your exam will be read 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 technologist if there is any chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624

12/12 Page 2 of 2



What you should know about your *Thoracic Spine X-ray*.

Purpose:

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

Preparation:

You may be asked to remove jewelry and any metal objects or clothing that may interfere with the x-rays.

Procedure: What to Expect

- We will verify your name, date of birth and procedure you will be having done.
- We will take a brief history.
- For most of the x-ray 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.

After Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



What you should know about your *Toe X-ray*.

Purpose:

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

Preparation:

You may be asked to remove jewelry and any metal objects or clothing that may interfere with the x-rays.

Procedure: What to Expect

- We will verify your name, date of birth and procedure you will be having done.
- We will take a brief history.
- For most of the x-ray 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.

After Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624



What you should know about your **Upper GI Series**.

Purpose:

This exam allows the radiologist to see your upper digestive tract, including your esophagus, stomach and the first part of your small bowel, known as your duodenum.

Preparation:

You may not have anything to eat or drink for 10 hours before your test. If you need to take medications, please
call your physician for instructions. For infants please contact the Imaging Department for instructions.

Procedure: What to Expect

- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- You will be in the department for approximately 30 minutes.
- We will verify your name, date of birth and procedure you will be having done.
- We will take a brief history.
- We will take one preliminary x-ray of your abdomen.
- We will begin the exam with you standing against 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 the 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 exam is generally not uncomfortable or painful.

After Exam:

- 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.

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624

7/07, 11/12 Page 1 of 1



What you should know about your **Voiding Cystourethrogram**.

Purpose:

This procedure allows the radiologist to examine your bladder, ureters and urethra to see if the urethra functions properly during urination and also to determine if there is urethral reflux.

Preparation:

Tell us if you are allergic to betadine or adhesive tape.

Procedure: What to Expect

- We will verify your name, date of birth and procedure you will be having done.
- We will take a brief history.
- The test will take about 20-30 minutes.
- We will take a picture of your abdomen (belly).
- A nurse will insert a catheter (hollow tube) into your bladder. Your bladder will be filled with x-ray dye, and the catheter removed.
- You will be asked to urinate on the x-ray table while an x-ray is taken.

After Exam:

- You may feel sticky from the x-ray contrast, and you may have an orangish-brown discoloration where the nurse cleaned your urethra.
- Call your doctor if you have any signs of a problem (for example, a fever or blood in your urine).
- 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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624

7/07, 11/12 Page 1 of 1



What you should know about your *Wrist X-ray*.

Purpose:

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

Preparation:

You may be asked to remove jewelry 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 procedure you will be having done.
- We will take a brief history.
- For most of the x-ray 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 Exam:

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 chance of pregnancy.

Imaging Department Phone Number: (717) 851-4624